

# Suryanamaskar - Sun Salutation

Based on the method of Sri K Pattabhi Jois - Mysore India

Drawing - John Scott

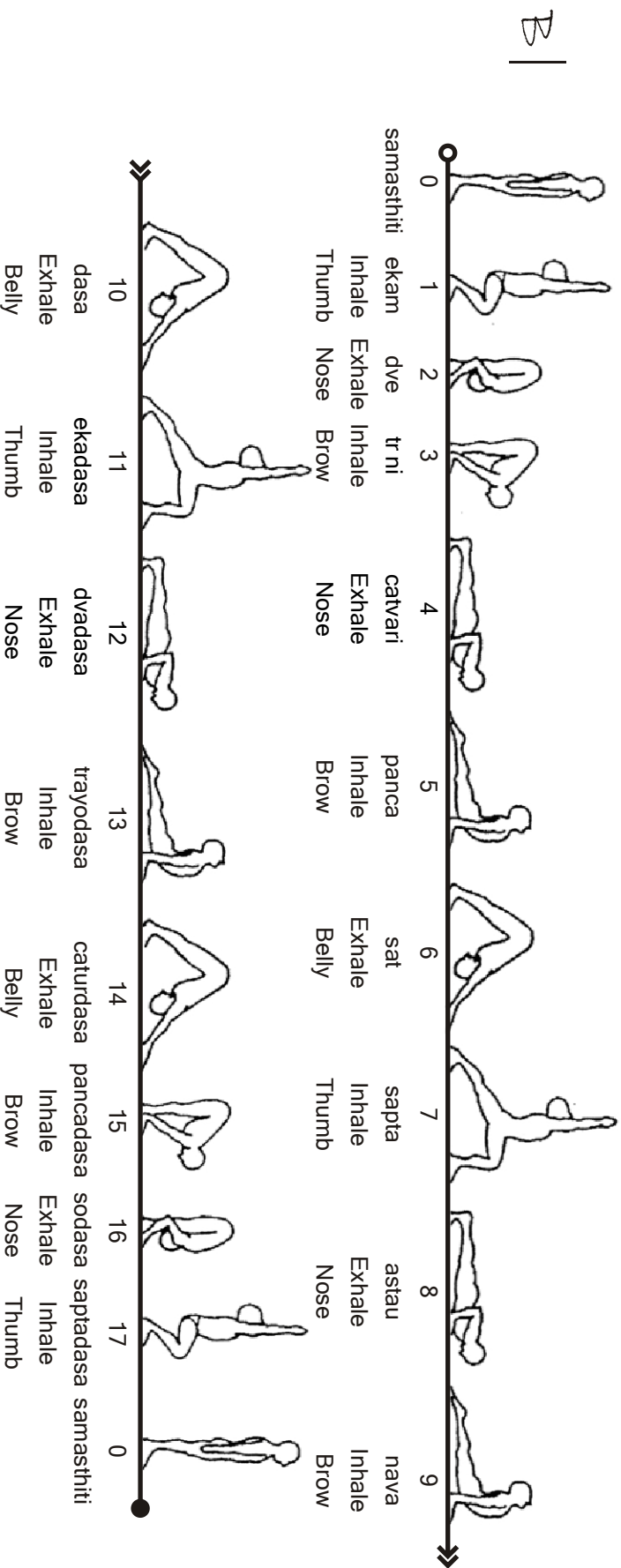
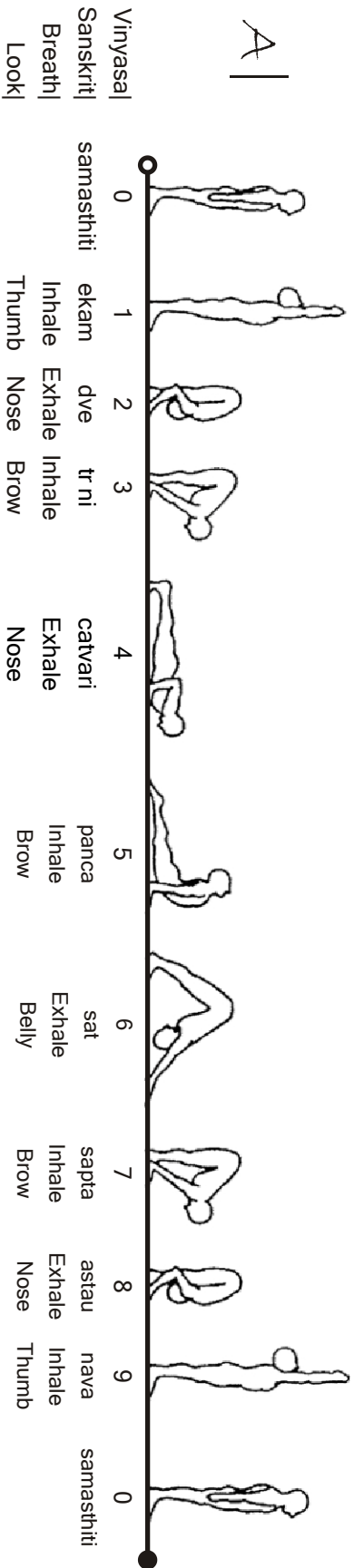
[www.jooga.fi/astanga](http://www.jooga.fi/astanga)

## Astanga Yoga

## *Light Series*

yooga horizons

cole dano  
cole@jooga.fi



Standing Poses

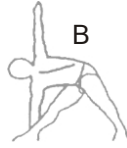
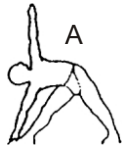
6 Fundamental Asanas



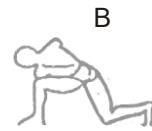
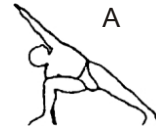
padangusthasana  
foot thumb pose



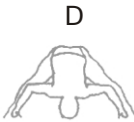
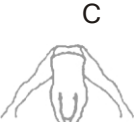
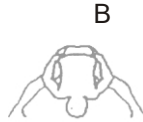
pada hastasana  
foot hand pose



utthita trikonasana  
extended triangle pose



utthita parsvakonasana  
extended side angle pose



prasarita padottanasana  
wide foot stretch pose



parsvottasana  
sideways stretch pose



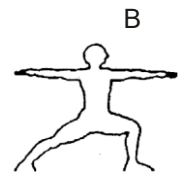
utthita hasta padangusthasana  
extended hand to foot pose



ardha baddha padmottanasana  
half bound lotus stretch pose

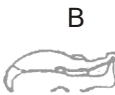


utkatasana  
strong pose



v rabhadrasana  
hero's pose

Sitting Poses



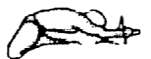
pascimattanasana  
stretch of the west pose



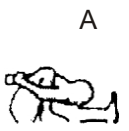
purvattanasana  
stretch of the east



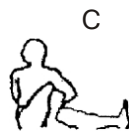
triang mukhaekapada pascimattanasana  
backward facing stretch of the west



janu s rasanana  
head to knee pose



mar cyasana  
Marichi's pose



navasana  
boat pose



bhujapidasana - kurmasana - garbha pindasana  
knee pressure - tortoise - embryo pose's



baddha konasana  
bound angle pose



upavistha konasana  
seated angle pose



Backbends



setubhanda  
bridge pose



Finishing Poses



salamba sarvangasana  
al limbs pose



halasana  
plow pose



karnapidasana  
ear pressure pose



uttana padasana  
extend the foot pose



s rasanana  
head pose



baddha padmasana  
bound lotus pose



yoga mudrasana  
yogi's sign pose



padmasana  
lotus pose



utpluthi  
spring up



savasana  
corpse pose