

ॐ असतो मा सद्गमय | तमसो मा ज्योतिर्गमय | मृत्योर्ममृतं गमय ॥ OM asato mā sadgamaya | tamaso mā jyotirgamaya | mṛityormā amṛitaṁ gamaya ॥

Sun Salutations

a) Mitra Namaskara (1-3x)

b) Sūrya Namaskara (0-5x)

c) Savitṛi Namaskara (0-5x)

Standing Asana

1. Balance



2. Symmetrical Base



step to side

3. Open-Hip



vinyasa

4. Squared-Hip



vinyasa

5. Hanuman's Sequence



vinyasa

vinyasa

Chakra Krama

1st. Grounding



vinyasa

2nd. Hips / Sacrum



vinyasa

3rd. Abdominal



optional vinyasa

4th. Back-Bend



optional vinyasa

5th. Neck & Throat



optional vinyasa

6th. Mental



7th. Surrender



ॐ लोकाः समस्ताः सुखिनो भवन्तु ॐ शान्तिः शान्तिः शान्तिः OM lokāḥ samastāḥ sukhino bhavantu OM śantiḥ śantiḥ śantiḥ

Opening Chant

ॐ असतो मा सद्गमय । तमसो मा ज्योतिर्गमय । मृत्योर्मांमृतं गमय ॥
 OM asato mā sadgamaya | tamaso mā jyotirgamaya | mṛityormā amṛitaṁ gamaya ||

Mitra Namaskara (1-3x)



Sūrya Namaskara (0-5x)



Savitṛi Namaskara (0-5x)



1 - Balance Poses



Utthita Hasta Pādānguṣṭhāsana (1, 2, 3, 4 & 5)



Gālāvāsana (1 & 2)

Vṛkṣāsana

*No vinyasa**Step to side for standing 2*

2 - Symmetrical-Based Standing



Ugrāsana

Prasārita Pādottānāsana

Pārśva Trikoṇāsana

Vinyasa to standing 3

3 - Open-Hip Standing



Vīrabhadrāsana 2

Utthita Pārśva Koṇāsana

Ardha Candrāsana

*Vinyasa between sides**Vinyasa to standing 4*

4 - Squared-Hip Standing



Pārśvottānāsana

Vīrabhadrāsana 3

Parivṛtta Ardha Candrāsana

*Vinyasa between sides**Vinyasa to standing 5*

5 - Hanuman's Sequence



Parivṛtta Pārśva Koṇāsana

Āñjaneyāsana

Hanumanāsana

*Vinyasa between sides**Vinyasa to Chakra Krama*

1st cakra - root



Mālāsana



Bakāsana

Vinyasa

Paścimottānāsana

Vinyasa to 2nd cakra

2nd cakra - hips



Eka-Pāda Śīrṣāsana



Ardha Matsyendrāsana

*Vinyasa between sides (optional)**Vinyasa to 3rd cakra*

3rd cakra - abdomen



Nāvāsana 1



Nāvāsana 2



Nāvāsana 3

Vinyasa to 4th cakra

4th cakra - heart



Setu Mukta Sarvāṅgāsana



Setu Bandha Sarvāṅgāsana



Ūrdhva Dhanurāsana

*No vinyasa between poses**optional vinyasa to 5th cakra*

5th cakra - neck



Sālamba Sarvāṅgāsana



Matsyāsana

*No vinyasa between poses**optional vinyasa to 6th cakra*

6th cakra - mind



Vīrāsana / Sukhāsana

*Transition through**Downward Dog to Śavāsana (head to front of mat)*

7th cakra - consciousness



Śavāsana