

# PRIMARY SERIES (Short Form)

**SURYA NAMASKAR (3 cycles)**

Hold for Five Breaths each asana

*Modified Vinyasa designed by Georgina Jean Perry*



*"Vande gurunam  
Charanaravinde.."*



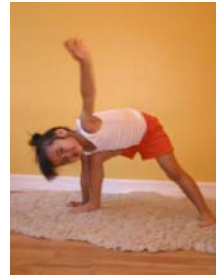
**Pranayama**



**Padangusthasana**



**Utthita  
Trikonasana**



**Utthita  
Parsvakonasana**



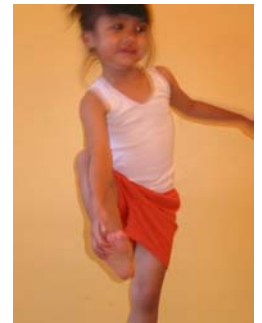
**Prasarita Padottanasana A**



**Prasarita Padottanasana B**



**Prasarita Padottanasana C**



**Utthita Hasta  
Padangusthasana A**



**Vrksasana**



**Utkatasana**



**Virabhadrasana A**



**Virabhadrasana B**



**Ardho Mukha  
Svanasana**



**Paschimottanasana**



**Purvottanasana  
(modification)**



**Sarvangasana**



**Padmasana**



**Savasana**