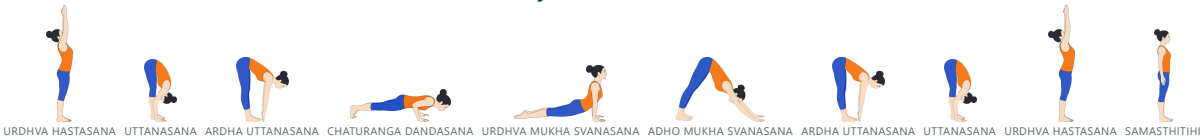
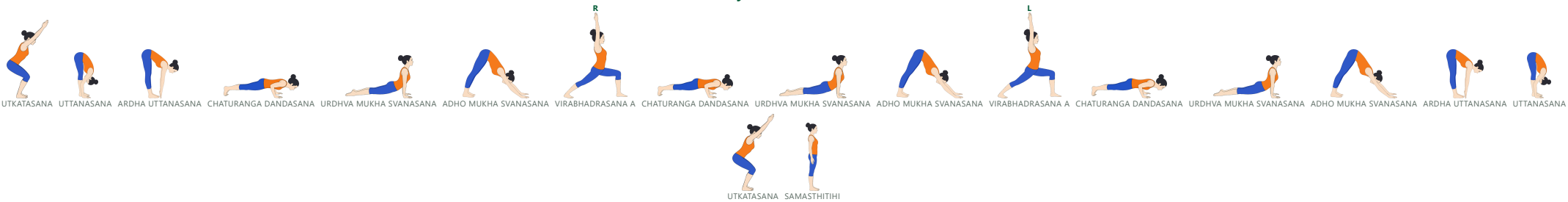


Surya Namaskara A



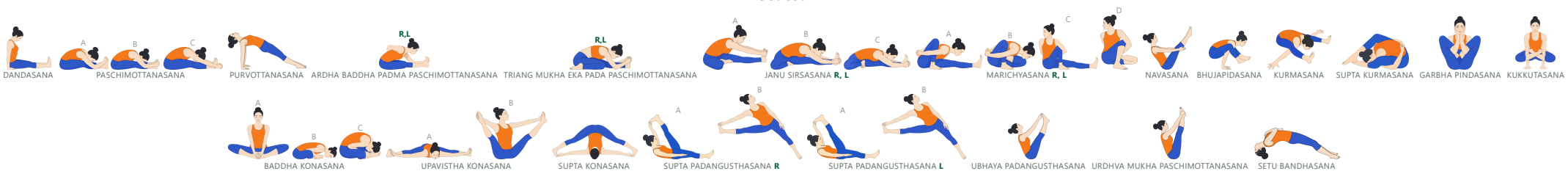
Surya Namaskara B



Standing



Seated



Backbends



Closing



The sun salutations show every vinyasa. The asanas show one figure per posture: both sides, the five Navasanas and the three rounds of Urdhva Dhanurasana are practised, not drawn twice. Letters are the lettered variants. Letters above the figures are the lettered variants. R,L is the side, in the order practised: both sides from that one drawing. A lone R or L is one side of a posture whose two sides are separated in the sequence.

Practise it counted aloud, vinyasa by vinyasa, in Sanskrit or English: download **My Ashtanga: Led Yoga Practice** on the App Store, or read the series posture by posture at safalfa.com/myashtanga/primary-series. Yoga carries a risk of injury: general information, not medical advice, and no substitute for a teacher. © 2026 Safalfa Advisors FZ-LLC. Free to print and share.