

# ASHTANGA YOGA PRIMARY SERIES

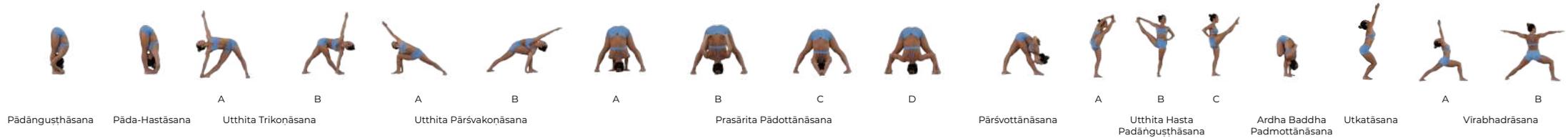
## SUN SALUTATION A



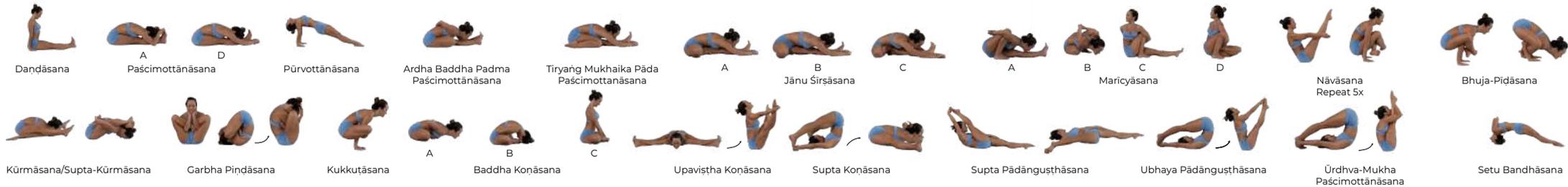
## SUN SALUTATION B



## STANDING SEQUENCE



## SEATED POSES



## FINISHING SEQUENCE



# ACCESSIBLE ASHTANGA YOGA PRIMARY SERIES

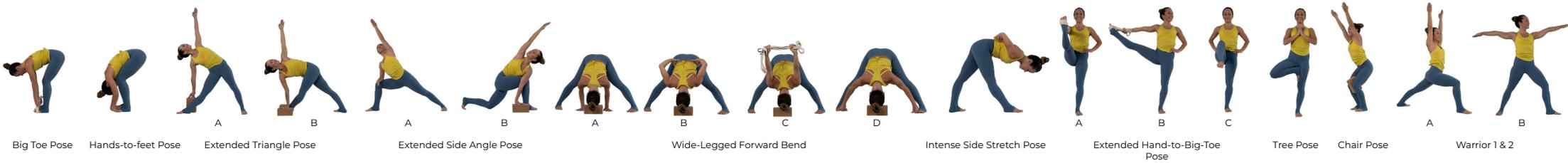
## SUN SALUTATION A



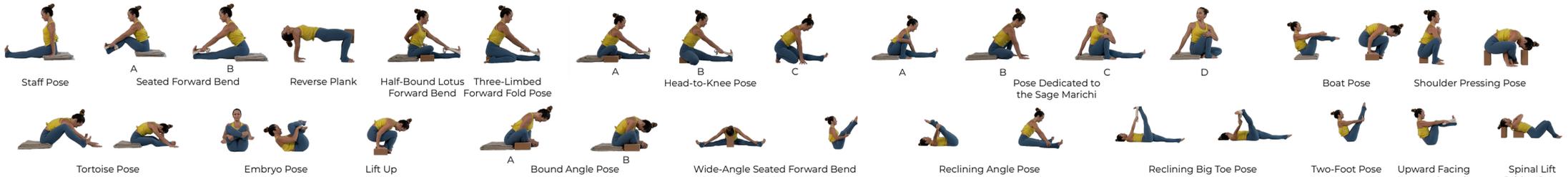
## SUN SALUTATION B



## STANDING SEQUENCE



## SEATED POSES



## FINISHING SEQUENCE



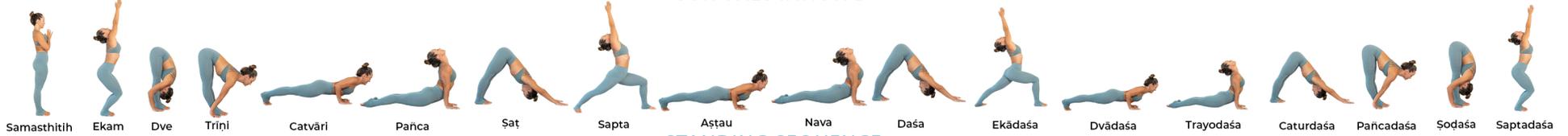
# ASHTANGA YOGA SECOND SERIES

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## SUN SALUTATION A



## SUN SALUTATION B



## STANDING SEQUENCE



## SECOND SERIES



## FINISHING SEQUENCE



# ASHTANGA YOGA SECOND SERIES (MODIFIED)

## SUN SALUTATION A



## SUN SALUTATION B



## STANDING SEQUENCE



## SECOND SERIES



## FINISHING SEQUENCE

