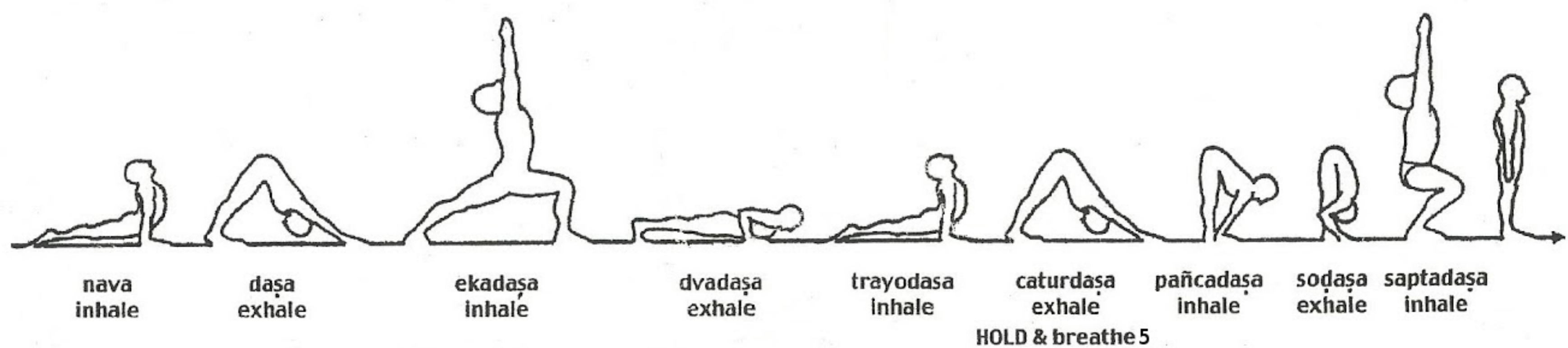
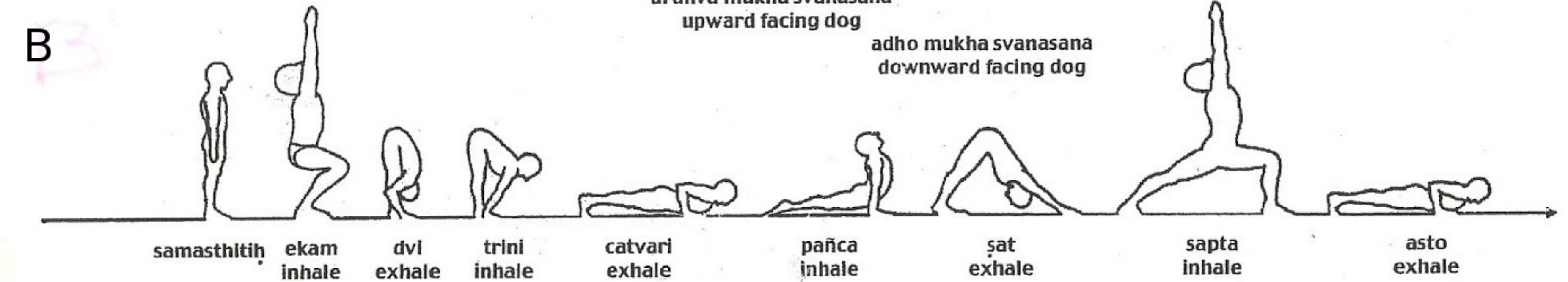
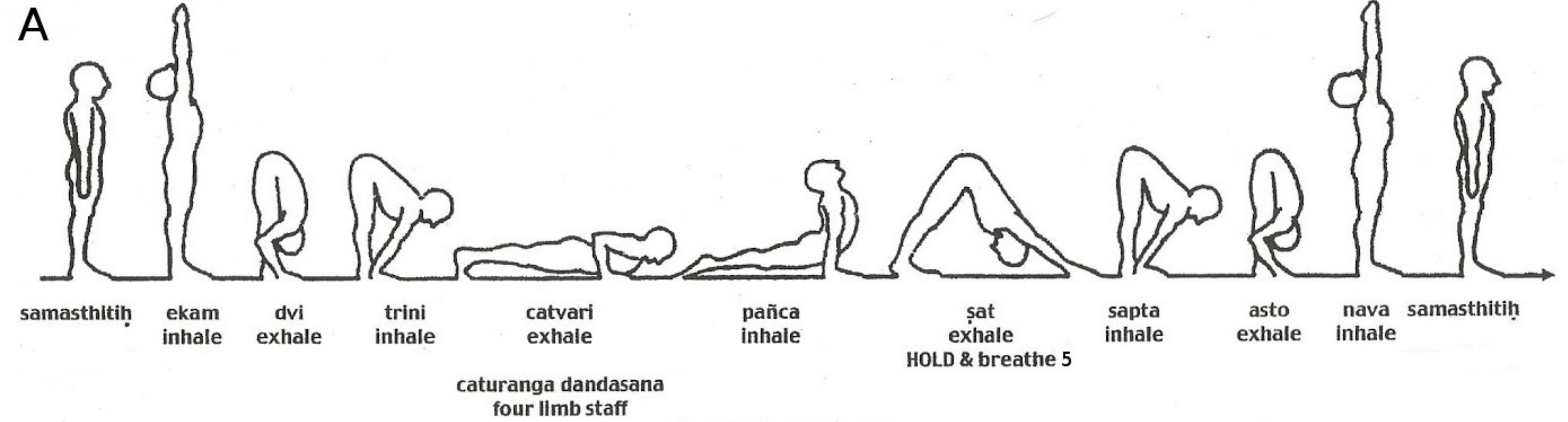


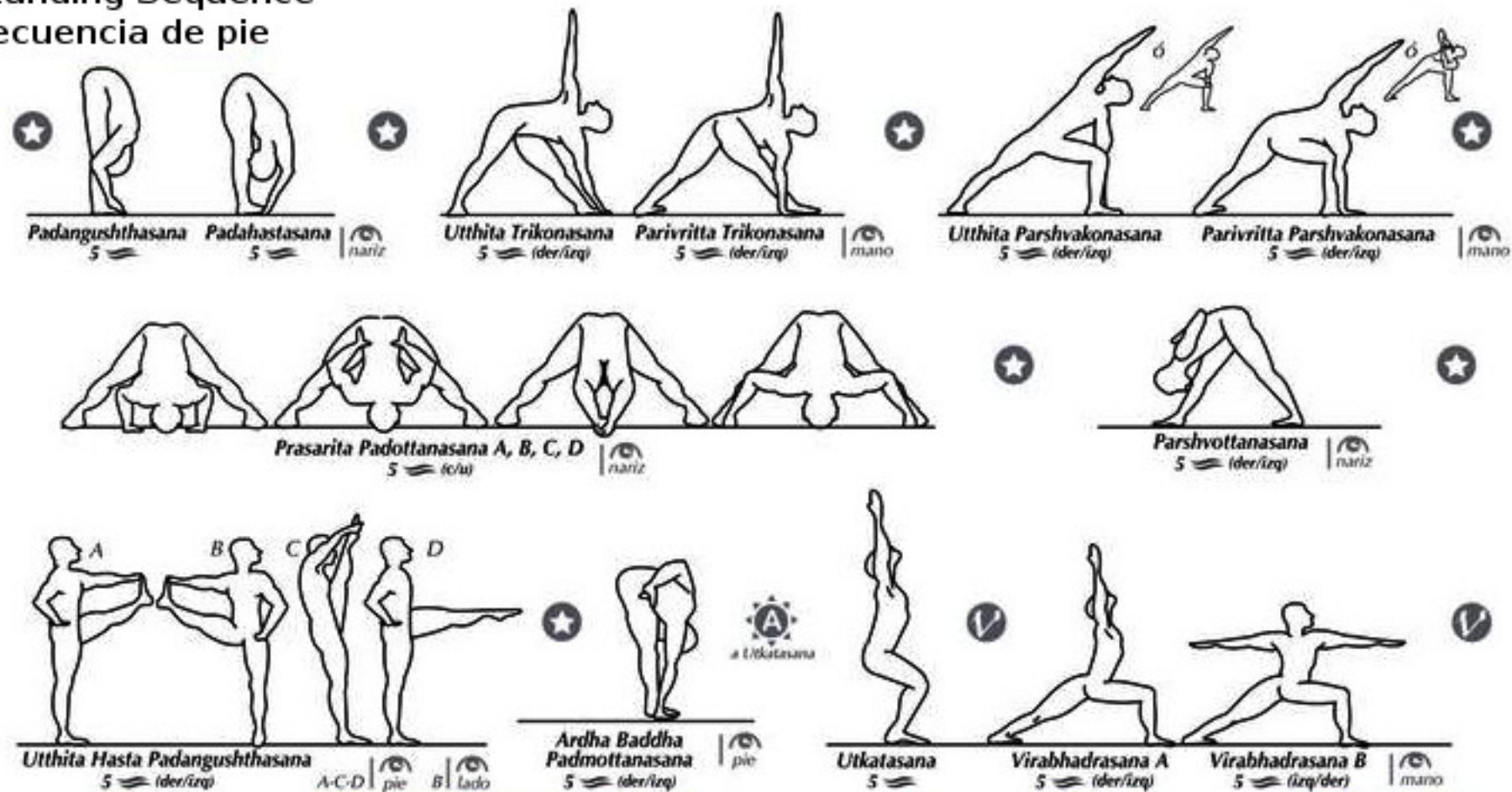
aṣṭāṅga vinyasa
 as taught by śrī kṛṣṇa pāṭṭabhi joyis
 drawings by John Scott
 sanskrit by David Millotis

SŪRYA NAMASKĀRA A+B



Standing Sequence

Secuencia de pie



Suryanamaskar



Samastithi



Dristhi



Respiraciones



Vinyasa

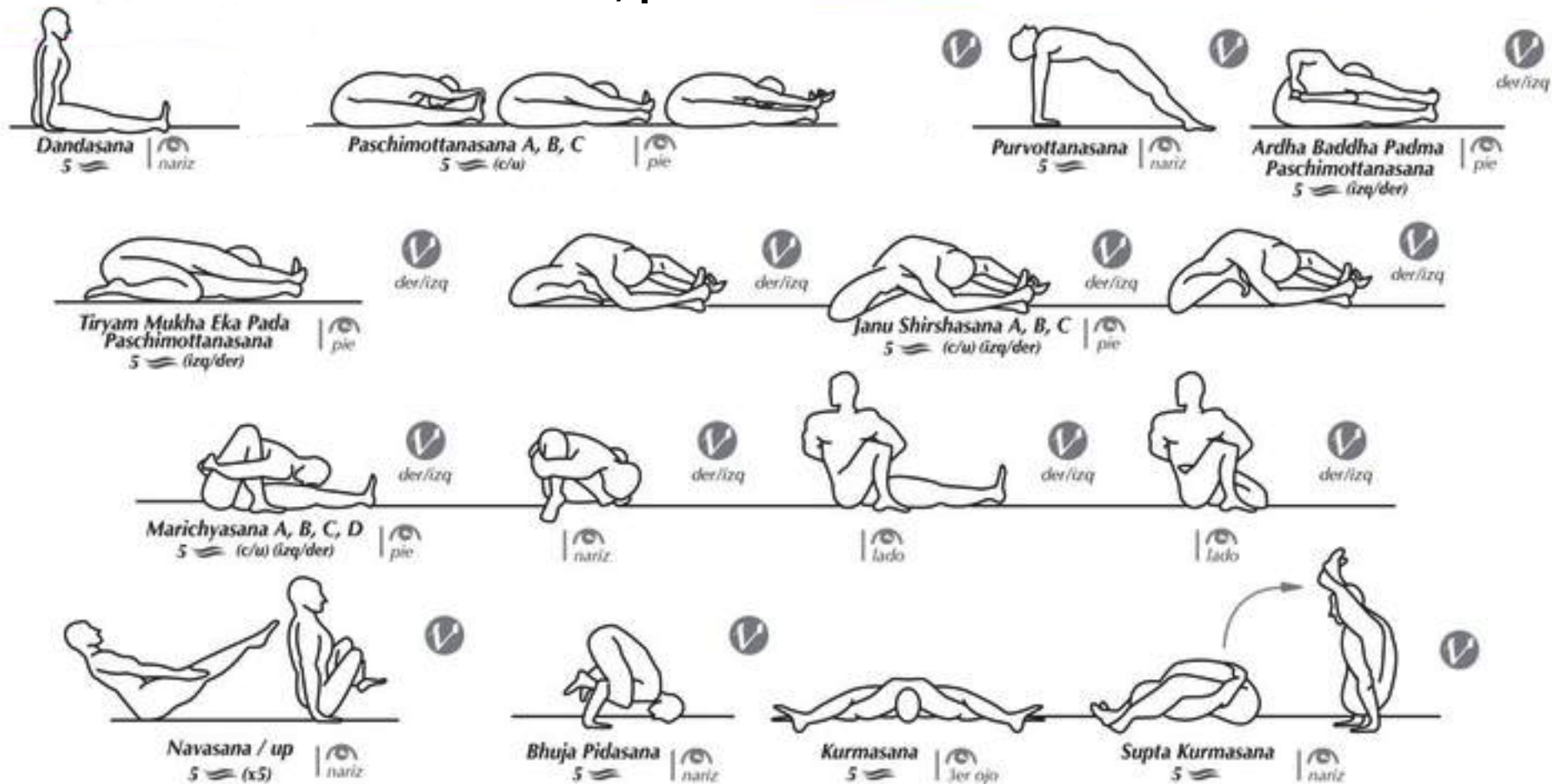


Chakrasana



First Series - Sitting positions, part A

Serie Primaria - Posturas sentadas, parte A



Suryanamaskar



Samastithi



Dristhi



Respiraciones



Vinyasa

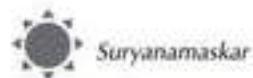
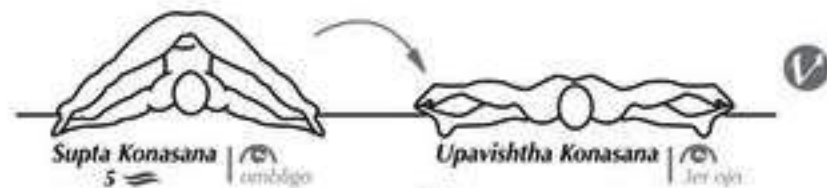
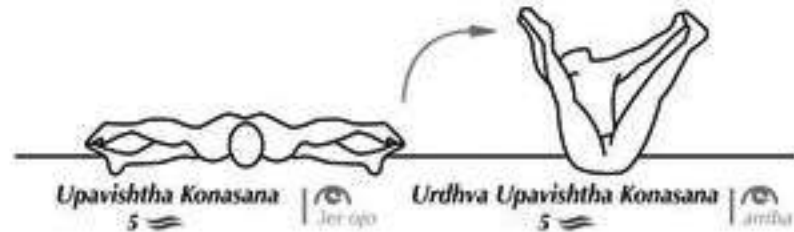
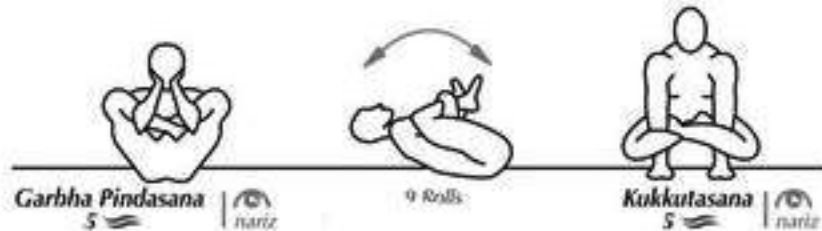


Chakrasana



First Series - Sitting positions, part B

Serie Primaria - Posturas sentadas, parte B



Finishing Sequence

Secuencia de cierre - Posturas finales

Puentes o Back Bending

