

ASHTANGA YOGA INTERMEDIATE SERIES WITH ADAM KEEN  
as learned from Sharathji Jois in Mysore



Pasasana



Krounchasana



Salabasana



Bhekasana



Dhanurasana



Parsva  
Dhanurasana



Ustrasana



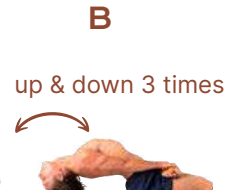
Laghu  
Vajrasana



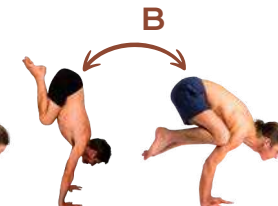
Kapotasana



Supta Vajrasana



Bakasana



Bharadvajrasana



Ardha  
Matsyendrasana



Ekapada Sirsasana



Dwipada  
Sirsasana



Yoga  
Nidrasana



Tittibasana



Pincha  
Mayurasana



Karandavasana





Mayurasana



Nakrasana



Vatayanasana



Parighasana

A



B



Gomukasana



Supta Urdhva  
Pada Vajrasana

A



B



C



Mukta Hasta Sirsasana

A



B



C



D



Badha Hasta Sirsasana



Urdhva  
Dhanurasana



Drop  
Backs



Drop Overs x 3



Tic Tocs X 3



Vrischikasanano