

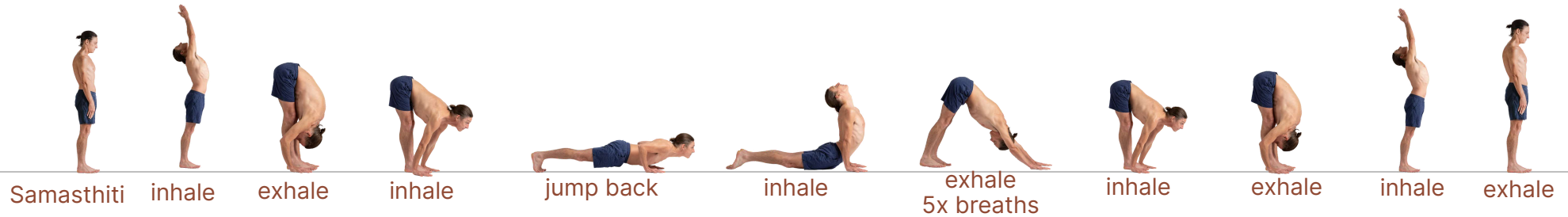
SHORT ASHTANGA YOGA PRACTICES

Based on the Primary & Intermediate Series

ASHTANGA YOGA PRIMARY SERIES - ADAM KEEN

As learned from Sharathji Jois in Mysore

Sūryanamaskāra A: repeat 5 times



Sūryanamaskāra B: Repeat 3 times



Standing Asanas - 5 breaths in each posture unless designated *1



Pādāṅguṣṭhāsana



Pāda
hastāsana



Utthita trikoṇāsana



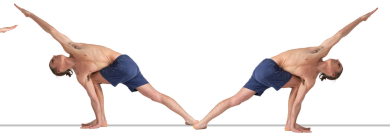
Parivritta trikoṇāsana



Utthita
pārsvakoṇāsana



Parivritta
pārsvakoṇāsana



Prasārita pādottānāsana
A, B, C, D



Ardha baddha
padmottānāsana



Utkatāsana



*1

inhale

exhale

inhale

exhale

inhale

exhale



Vīrabhadrāsana A, B



jump through to sitting

Finishing - 8 breaths in each posture unless stated

5 breaths
up and down 3 x



Ūrdhva dhanurāsana

15 - 25 breaths



Sālamba
sarvāṅgāsana



Halāsana



Kārṇa pīḍāsana



Ūrdhva padmāsana



Piṇḍāsana



Matsyāsana



Uttāna pādāsana



Cakrāsana

25 breaths



Śīrṣāsana

10 breaths



Baddha padmāsana

10 breaths

10 breaths



Yoga mudrā

10 breaths



Padmāsana

10 breaths



Utpluthiḥ



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



Pasasana



Krounchasana



Salabasana



Bhekasana



Dhanurasana



Parsva
Dhanurasana



Ustrasana



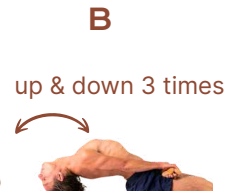
Laghu
Vajrasana



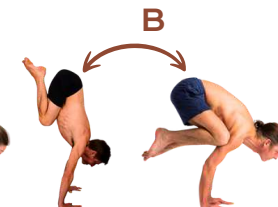
Kapotasana



Supta Vajrasana



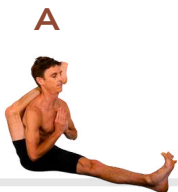
Bakasana



Bharadvajasana



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

Short sequences may be appropriate for several either personally or professionally

On the personal practice level

- Lack of time
- Lack of energy
- Lack of motivation
- Injury

As a teacher

- To meet the restricted duration of a studio class slot
- To keep the class fresh and inspired.
- To offer more varied movement patterns to your students.
- To give more of an overview of the Ashtanga practice



Things To Keep in Mind

Many people simply don't have the anatomical ability due to genetics to perform many of the postures in their 'ideal' or fullest form. Therefore, amending postures is essential if they are to be practiced safely and sustainably over the long-term.

The breath count when the first Westerners learnt in Mysore was 10 breaths per posture. We probably move too quickly now in general and perform too many postures with too little focus.

There were also much less vinyasas between postures originally. The number of vinyasas now tires many practitioners to the extent that, again, they can't give all their focus to the postures.

'Backbends' (urdhva dhanurasana) only came at the end of Intermediate series. When many of the early Intermediate series backbends had been performed to better prepare for it.

What's known as 'traditional' practice is a blueprint or ideal. It needs to be adapted to suit the requirements of unique bodies. After all, this was Krishnamacharya's fundamental belief – he never taught homogenised sequences in the first place!

Finally, our practice should leave us feeling generally better. That is, more mobile, calm yet energised, not worn out and injured. Of course, this can't be the case every day, but, if this is generally not the case, something needs to change.

Remember, practice is there for us, not the other way around.

Short Sequence Examples

Below are some examples of sequences qualified by time energy, physical ability, they are based on the primary series and the first few postures of intermediate.

Surya Namaskar is always included as a general warmup.

The practices are arranged around different focuses. The focus may be general, or, twists, backbends, dynamic, hips, restorative, strength, etc.

The 15 minutes sequences given that they're short sequences act as general conditioning

Some sequences may appear shorter, some longer for the time-span. When there are less postures, the recommendation is then to stay in postures for longer. When more, the idea is that shorter stays are recommended.

Basic points of note:

Surya Namaskar is always included as a general warmup.

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Regarding the amount of vinyasas ('jump back and jump throughs'), it depends on how dynamic you want to make your practice that day. However, for the purposes of short practices, it would be an unskillful use of time to incorporate too many.

There are certain key postures that are often featured as the foundational building blocks of our sequences, repeated time and again, while other more specific asanas feature less.

Dynamism of a sequence usually correlates to time (ie. more time=more dynamic). However, sometimes you will notice a more dynamic sequence that is shorter too.

I don't add shoulder stand or headstand until the practitioner has reached a certain proficiency. These postures are challenging for the neck and nervous system.

There are certain postures I would not include unless one is doing a full practice (unless very physically able). Examples of these are Marichyasana B, D, Supta Kurmasana, Garbha pidasana, They take an extreme mobility at the hips that's usually better built up to.

Urdhva Dhanurasana isn't recommended without at least a full practice, plus the backbends of the first part of Intermediate series

The last three postures are always included as they calm the nervous system after the stimulating aspect of asana practice (yoga mudra, padmasana, uth pluthi)

At least five minutes extra should be left for taking rest/savasana. This should also be increased the longer you practice (up to 20 minutes).

15 MINUTE SEQUENCES

Please remember that these examples are only guidelines.

Feel free to add, subtract, or experiment. In fact, you should do so; remembering that each body is individual.

01

- Surya Namasakar A x 3
- Paschimottanasana
- Purvottanasana
- dhanurasana
- Last three postures

02

- Surya Namaskar A x 5
- Surya Namaskar B x 5
- Last three postures

03

- Surya Namaskar A x 1
- Surya Namaskar B x 1
- Prasarita padottonasana A, D
- Janu sirsasana A
- Baddha konasana
- Last three postures

04

- Surya Namaskar A x 2
- Padangushtasana
- Padahastasana
- Trikonasana A
- Parvakanasana A
- Prasarita padottasana A
- Virabhadrasana A
- Last three postures

05

- Surya Namaskar A x 3
- Paschimottanasa
- Purvottanasana
- Salabhasana
- Dhanurasana
- Ustrasana
- Last three breathing postures (yoga mudra, padmasana, uth pluthi)

30 MINUTE SEQUENCES

01

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Padangushtasana, padahastasana
- Trikonasana A
- Parsvakonasana A
- Prasarita A
- Paschimottanasana
- Janu sirsasana A
- Baddha konasana
- Uppavista konasana
- Dhanurasana
- Last three postures

02

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Trikonasana A, B
- Parsvakonasana A, B
- Paschimottanasana
- Marichyasana C
- Ardha matheyendrasana
- Baddha konasana
- Last three postures

03

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Paschimottanasana
- Baddha konasana
- Navasana
- Kurmasana
- Bakasana A
- Tittibhasana A
- Dhanurasana
- Last three postures

04

- Surya Namaskar A x 3
- Salabasana A, B
- Dhanurasana
- Ustrasana
- Laghu vajrasana
- Urdhva dhanurasana
- Paschimottanasana
- Sarvangasana
- Sirsasana
- Last three breathing postures (yoga mudra, padmasana, uth pluthi)

05

- Surya Namaskar A x 3
- Surya Namaskar B x 3
- Navasana
- Kurmasana
- Bakasana
- Pincha mayurasana
- Baddha Konasana
- Paschimottanasana
- Sarvangasana
- Last three postures

45 MINUTE SEQUENCES

1

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Trikonasana
- Parvakonasana
- Prasarita padottanasana A, D
- Paschimottanasana
- Janu A
- Baddha konasana
- Uppavishta konasana
- Ardha baddha padma paschimottanasana
- Marichyasana B

2

- Surya Namaskar A x 3
- Paschimottanasa
- Janu sirsasana A
- Marichyasana C
- Navasana
- Baddha Konasana
- Dhanurasana
- Ardha matsyendrasana
- Bakasana A
- Tittiibhasana
- Urdhva dhanurasana
- Last three postures

3

- Surya Namaskar A x 3
- Surya Namaskar B x 1
- Trikonasana B
- Parvakonasana B
- Prasarita A
- Paschimottanasana
- Marichyasana C
- Baddha Konasana
- Pasasana
- Ardha matsyendrasana
- Dhanurasana
- Sarvangasana
- Last three postures

4

- Surya Namaskar A x 3
- Paschimottanasana
- Purvottanasana
- Janu sirsasana A
- Marichyasana A
- Marichyasana C
- Navasana
- Baddha Konasana
- Uppavishta konasana
- Dhanurasana
- Ustrasana
- Urdhva dhanurasana
- Last three postures

5.

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Padangushtasana
- Trikonasana A
- Parsvakonasana A
- Prasarita padottanasana A
- Paschimottanasana
- Uppavishta konasana
- Bakasana
- Navasana
- Ttithasana
- Pincha mayurasana
- Dhanurasana
- Last three postures

60 MINUTE SEQUENCES

1.

- Surya Namaskar A x 3
- Surya Namaskar B x 3
- Trikonasana
- Parsvakonasna
- Prasarita padottanasana A
- Paschimottanasana
- Purvottanasana
- Janu A
- Marichyasana A
- Marichyasana C
- Navasana
- Baddha konasana
- Uppavishta konasana
- Supta Padangushtasana
- Dhanurasana
- Urdhva dhanurasana
- Sarvangasana
- Sirsasana

2.

- Surya Namaskar A x 5
- Paschimottanasna
- Marichyasana A
- Marichyasana C
- Navasana
- Kurmasana
- Salabasana A, B
- Dhanurasana
- Bharad vajrasana
- Ardha matsyendrasana
- Janu sirasana
- Baddha konasana
- Eka pada sirasana
- dhanurasana
- Sarvangasana
- Sirsasana
- Last three postures

3.

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Padangushtasana
- Trikonasana A, B
- Parsvakonasana A, B
- Prasarita padotonasana A, D
- Utthita hasta
padangushtasana
- Dhanurasana
- Kapotasana
- Bakasana
- Eka pada sirsasana
- Yoga nidrasana
- Pincha mayurasana
- Mayurasana
- Urdhva dhanurasana
- Seven headstands
- Last three closing postures

4.

- 3 x Surya Namaskar A
- 3 x Surya Namaskar B
- Paschimottanasana
- Janu Sirasana A
- Baddha konasana
- Ardha badha padma
paschimottonasana
- Marichyasana D
- Navasana
- Bhujanga
- Kurmasana
- Ardha matsyendrasana
- Eka pada sirsasana
- Vatayanasana
- Gomukhasana
- Dhanurasana
- Urdhva dhanurasana
- Sarvangasana
- Sirsasana
- Last three postures

5.

- Surya Namaskar A x 2
- Surya Namaskar B x 2
- Paschimottanasana
- Krounchasana
- Janu Sirsasana A
- Pasasana
- Marichyasana C
- Ardha Matsyendrasana
- Navasana
- Kurmasana
- Yoga Nidrasana
- Eka Pada Sirsasana
- Bakasana
- Tittibhasana
- Pincha Mayurasana
- Supta Padangusthasana
- Salabhasana A, B
- Dhanurasana
- Ustrasana
- Laghu Vajrasana
- Urdhva Dhanurasana
- Sarvangasana
- Sirsasana
- Last three postures



CREATING YOUR OWN SHORT SEQUENCE

To structure a balanced short-form class we should aim to include each of the following:

- Dynamic movement
- Forward fold/flexion
- Backbend/extension
- Twist
- Inversion
- Therapeutic ending/cooling

Below is an outline to follow to create your own short sequence whenever you wish to. However, the beauty of the Ashtanga sequence is that you don't have to think about what you are going to do, which can feel quite a responsibility.

So, just try to think of this as play and once you've done it a few times, creating your sequences will gradually become less onerous and more intuitive.

One way to create your own sequence is by following these guidelines for streamlining:

Generally, you
can create
your sequence
following the
approximate
percentages

10% sun salutations
20% standing
40% sequences
10% backbends
20% closing and rest

Sun Salutations

3 A + 3 B

Sun Salutations' (surya namaskar) are the obviousdynamic warmup. Unless unable to do these, they always make a good start.

If not, move directly to standing/seated.



Standing Postures

We can take out the twisted variations when lacking time, plus UHP, and ardha badha padangushtasana (these originally came at the end of Primary where they're better suited), along with warrior sequence (duplicates sun salutations)

Then, we can look at the seated asanas in the Primary series (this could also be done with Intermediate) in terms of groups and

Choose one from each group:

Group 1

Pandagusthasana
Padahasthasana

Group 2

Trikonasana A / B
Parsvakonasana A / B

Group 3

Prasarita padottanasana A, B, C, D

Group 4

Parvottanasana
Utthita hasta padangusthasana



Seated Postures

Originally, Primary and Intermediate were both done together.

This is most relevant regarding the early backbends, so we always add them on before Urdhva Dhanurasana

The postures are grouped, so you can one from the following group

Originally, there was a lot less jump back/thru vinyasas, and sometimes only between groups.



Group 1 (only in this group, all are essential)

Dandasana, Paschimatanasana & Purvottanasana

Then, choose one posture from each of the groups below:

Group 2

- Ardha baddha padma paschimatanasana
- Tiriang mukha ekapada paschimatanasana

Group 3

- Janu sirsasana A, B, or C

Group 4

- Marichyasana A, B, C, or D

Group 5

- Navasana
- Bhujapidasana
- Kuramasana

Group 6

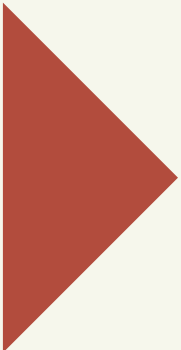
- Garbha pidasana
- Baddha konasana
- Upavistha konasana

Group 7

- Supta konasana
- Supta padangusthasana

Group 8

- Ubhaya padangusthasana
- Urdhva mukha paschimatanasana setu bandasana

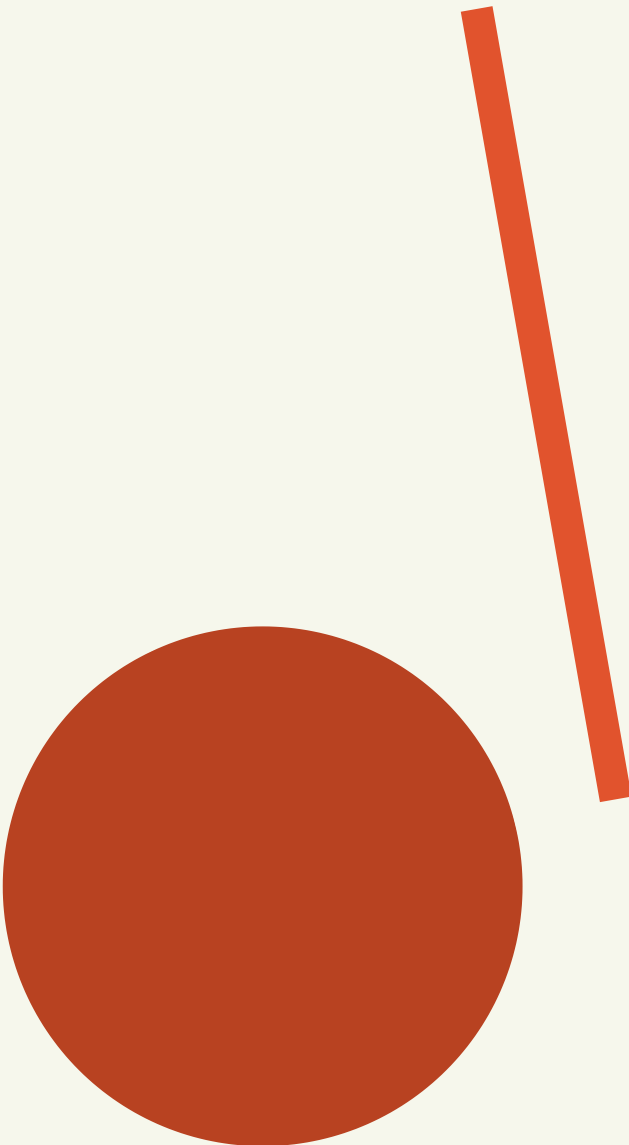


Closing Sequence

Make sure to leave time for these last postures.

As much as the yoga practice is aimed at a light stimulation of the nervous system, these last postures should be used to balance this effect so that the individual finishes practice feeling calm and grounded.

In these postures, the breath should be slowed, and the postures held for a longer number of breaths.



Group 1 – try to do all of these

- Salabasana
- Dhanurasana
- Ustrasana
- Urdhva dhanurasana

Group 2 – choose one of these

- Sarvangasana
- Sirsasana

Group 3 – do all of these

- Badha padmasana
- Padmasana
- Savasana