

Fundamental Positions

DRṢṬĪ

UJJĀYĪ VINYĀSA

... out 5x in out 5x ... out 5x in out 5x ... out 5x in out 5x ... out 5x in out 5x ...

Pādāṅguṣṭhāsana Pāda Hastāsana Utthita Trikoṇāsana Parivrṭta Trikoṇāsana Utthita Pārśvakoṇāsana Parivrṭta Pārśvakoṇāsana

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in 1 out in 2 out 5x in 3 in 4 out 5

Pāsārita Pādottānāsana A

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in 1 out in 2 out 5x in 4 out

Pāsārita Pādottānāsana B

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in 1 out in 2 out 5x in 4 out

Pāsārita Pādottānāsana C

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in 1 out in 2 out 5x in 4 in 5 ... out 5x 2(4) ...

Pāsārita Pādottānāsana D Pārśvottānāsana

The Fundamental Positions (Āsana) bring the energetic and physical body in balance (alignment). The dynamics of the Sun Salutations (see there) transform into new sequences of movements (Vinyāsa). Just as before each sequence begins and ends in a standing position. Counting every movement from there, you will arrive in the pictured positions with the respective numbers shown below (left side, not pictured, shown in parentheses). However once the rhythm is familiar, the sequences partially merge with each other. Once in a while you will still pass through Samasthitiḥ (Samasthitiḥ). Nevertheless the numbers for the individual movements are not changed.

Whenever you pass through the standing position () it is an opportunity, especially for beginners, to obtain the warmth and dynamics of the practice through a connecting sequence of movements (Basic-Vinyāsa).

You may add these six Fundamental Positions after Sūrya Namaskāra A and B (see there) once you are well familiarized with their practice.

Basic-Vinyāsa Sequence (can be integrated after every standing position)

DRṢṬĪ

UJJĀYĪ VINYĀSA

out in 1 out 2 in 3 out 4 in 5 out 6 in 7 out 8 in out

