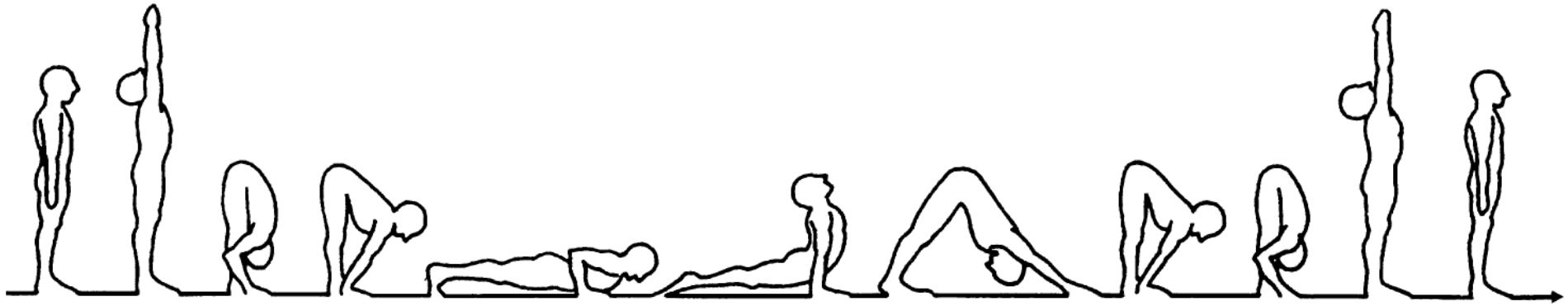
ASTANGA YOGA
AS TAUGHT BY SHRI K PATTABHI JOIS
Mysore 1993
DRAWINGS BY JOHN SCOTT. SANSKRIT & TRANSLATIONS BY EDDIE STERN

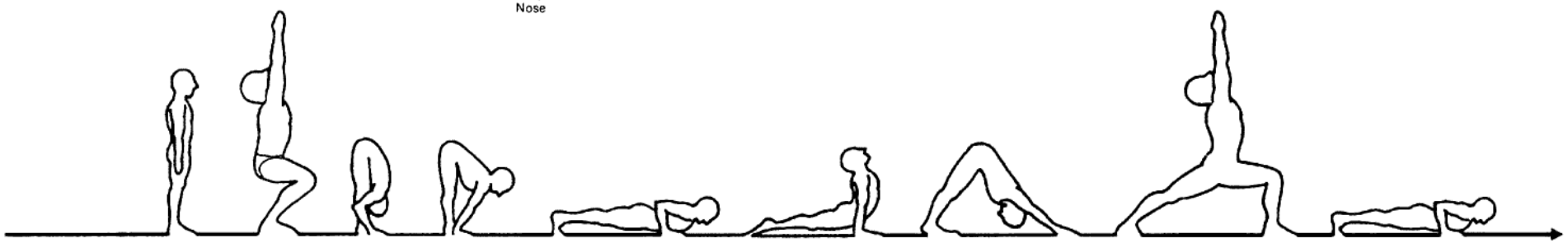
SURYANAMASKARA A&B

A x5

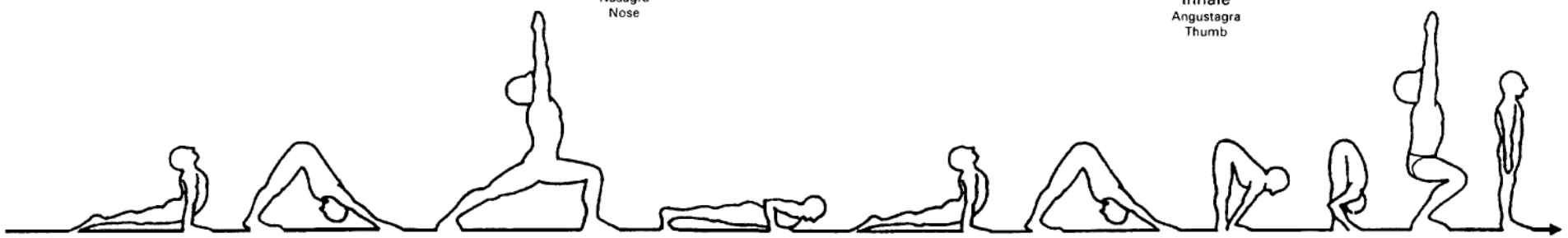


SAMASTHITI	EKUM	DWI	TRINI	CHETUARI	PANCHA	SHAT	SAPTA	ASTOE	NAVA	SAMASTHITI
	1	2	3	4	5	6	7	8	9	10
	Inhale	Exhale	Inhale	**Jump back**	Inhale	Exhale 5 breaths	Inhale	Exhale	Inhale	Exhale
	Angustagra Thumb	Nasagra Nose	Nasagra Nose	Exhale	Nasagra Nose	Nabi chakra Navel	Nasagra Nose	Nasagra Nose	Angustagra Thumb	
				Nasagra Nose						

B x5



SAMASTHITI	EKUM	DWI	TRINI	CHETUARI	PANCHA	SHAT	SAPTA	ASHTO
	1	2	3	4	5	6	7	8
	Inhale	Exhale	Inhale	**Jump back**	Inhale	Exhale	**Step forward**	Exhale
	Angustagra Thumb	Nasagra Nose	Nasagra Nose	Exhale	Nasagra Nose	Nabi chakra Navel	**Right foot Veerabhadrasana**	Nasagra Nose
				Nasagra Nose			Inhale	
							Angustagra Thumb	



NAVA	DASHA	EKA DESHA	DWA DESHA	TRIO DESHA	CHATUR DESHA	PANCHA DESHA	SHOW DESHA	SAPTA DESHA	SAMASTHITI
9	10	11	12	13	14	15	16	17	18
Inhale	Exhale	**Step forward left foot Veerabhadrasana**	Exhale	Inhale	Exhale 5 breaths	Inhale	Exhale	Inhale	Exhale
Angustagra Thumb	Nabi Chakra Navel	Inhale	Nasagra Nose	Nasagra Nose	Nabi Chakra Navel	Nasagra Nose	Nasagra Nose	Angustagra Thumb	
		Angustagra Thumb							