

FUNDAMENTAL POSITIONS

DRŠTI

UJJĀYĪ VINYĀSA

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

Pādāṅguṣṭhāsana Pāda Hastāsana Utthita Trikoṇāsana Parivrta Trikoṇāsana Utthita Pārśvakoṇāsana Parivrta Pārśvakoṇāsana

DRŠTI

UJJĀYĪ VINYĀSA

1 (in) 2 (ex in) 3 (ex 5x) 4 (in ex) 5 (in ex)

Prasārita Pādottānāsana A

DRŠTI

UJJĀYĪ VINYĀSA

1 (in) 2 (ex in) 3 (ex 5x) 4 (in ex)

Prasārita Pādottānāsana B

DRŠTI

UJJĀYĪ VINYĀSA

1 (in) 2 (ex in) 3 (ex 5x) 4 (in ex)

Prasārita Pādottānāsana C

DRŠTI

UJJĀYĪ VINYĀSA

1 (in) 2 (ex in) 3 (ex 5x) 4 (in ex) 5 (in) ... 2(4) (ex 5x) ...

Prasārita 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 (X) 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 Samasthiṭh (Samasthiṭh S). Nevertheless the numbers for the individual movements are not changed. Whenever you pass through the standing position (S), it is an opportunity, especially for beginners, to obtain the warmth and dynamics of the practice through a connecting sequence of movements (Basic Vinyāsa S). 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 Count (can be placed after each standing pose)

DRŠTI

UJJĀYĪ VINYĀSA

1 (in) 2 (ex) 3 (in) 4 (ex) 5 (in) 6 (ex) 7 (in) 8 (ex)

