

Backbends & finishing

Samāpana · Bringing to a close · a descriptive Sanskrit heading

Finish with the portion you have learned. Lower and rest between backbends; keep the head still during shoulderstand work. Drop-backs and backward rollovers require separate tuition.

Read left → right, then the next row. Side labels refer to your body. Numbers are card order.

01 / Centre / both



Ūrdhva Dhanurāsana
Upward bow / wheel

5 breaths

Teacher-guided form

02 / Centre / both



Ūrdhva Dhanurāsana
Upward bow / wheel

5 breaths

Teacher-guided form

03 / Centre / both



Ūrdhva Dhanurāsana
Upward bow / wheel

5 breaths

Teacher-guided form

04 / Centre / both



Paścimottānāsana C
Seated forward fold · wrist clasp

5–10 breaths

05 / Centre / both



Sālamba Sarvāṅgāsana
Supported shoulderstand

10 breaths

Teacher-guided form

06 / Centre / both



Halāsana
Plough

8 breaths

Teacher-guided form

07 / Centre / both



Karṇapiḍāsana
Ear-pressure pose

8 breaths

Teacher-guided form

08 / Centre / both



Ūrdhva Padmāsana
Upward lotus

8 breaths

Teacher-guided form

09 / Centre / both



Piṇḍāsana
Embryo / compact pose in inversion

8 breaths

Teacher-guided form

10 / Centre / both



Matsyāsana
Fish

8 breaths

11 / Centre / both



Uttāna Pādāsana
Raised-leg stretch

8 breaths

Then linking vinyāsa →

12 / Centre / both



Śīrṣāsana
Headstand

Teacher-agreed hold

Teacher-guided form

13 / Centre / both



Ūrdhva Daṇḍāsana
Upward staff · half headstand

Optional · up to 10 breaths

Teacher-guided form

14 / Centre / both



Baddha Padmāsana
Bound lotus

Inhale · set up

Teacher-guided form

AI illustration

15 / Centre / both



Yoga Mudrā
Seal of yoga · seated bow

10 breaths

16 / Centre / both



Padmāsana
Lotus seat

10 breaths

Teacher-guided form

17 / Centre / both



Utplutiḥ
Uprooting / lifted seat

Up to 10 breaths

Then linking vinyāsa →

18 / Centre / both



Śavāsana
Corpse pose / final rest

5–10 minutes

A memory aid for the practice you have learned. Modify, omit or rest; no pose is compulsory.

Vinyāsa link: exhale low plank → inhale upward dog → exhale downward dog → arrive at the next base.

Study notes and options: House of Ananda / ashtanga-primary. Photos: Daniel’s training-sheet collection.

Two supplemental AI illustrations are labelled. Counts and variation letters differ by teacher. September 2026.