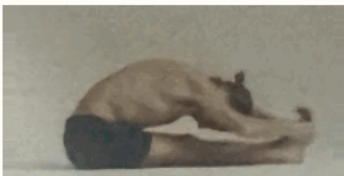


Seated sequence · part one

Yoga Cikitsā · Yoga therapy · the traditional title of the Primary Series

Right and left refer to the working bent leg. Vinyāsa markers show the link between sides and families; use a step-back version whenever needed.

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

01 / Centre / both  Daṇḍāsana Staff pose 5 breaths	02 / Centre / both  Paścimottānāsana A Seated forward fold · big toes 5 breaths	03 / Centre / both  Paścimottānāsana B Seated forward fold · feet 5 breaths	04 / Centre / both  Paścimottānāsana C Seated forward fold · wrist clasp 5 breaths Then linking vinyāsa →
05 / Centre / both  Pūrvottānāsana Intense front stretch / reverse plank 5 breaths Then linking vinyāsa →	06 / Right side  Ardha Baddha Padma Paścimottānāsana Half-bound lotus seated fold 5 breaths Then linking vinyāsa →	07 / Left side  Ardha Baddha Padma Paścimottānāsana Half-bound lotus seated fold 5 breaths Then linking vinyāsa →	08 / Right side  Triāṅga Mukhaikapāda Paścimottānāsana Three-limbed one-leg forward fold 5 breaths Then linking vinyāsa →
09 / Left side  Triāṅga Mukhaikapāda Paścimottānāsana Three-limbed one-leg forward fold 5 breaths Then linking vinyāsa →	10 / Right side  Jānu Śīrṣāsana A Head-to-knee · sole to inner thigh 5 breaths Then linking vinyāsa →	11 / Left side  Jānu Śīrṣāsana A Head-to-knee · sole to inner thigh 5 breaths Then linking vinyāsa →	12 / Right side  Jānu Śīrṣāsana B Head-to-knee · heel beneath seat 5 breaths Then linking vinyāsa →
13 / Left side  Jānu Śīrṣāsana B Head-to-knee · heel beneath seat 5 breaths Then linking vinyāsa →	14 / Right side  Jānu Śīrṣāsana C Head-to-knee · rotated foot 5 breaths Then linking vinyāsa →	15 / Left side  Jānu Śīrṣāsana C Head-to-knee · rotated foot 5 breaths Then linking vinyāsa →	16 / Right side  Marīcyāsana A Sage Marīci · bound forward fold 5 breaths Then linking vinyāsa →
17 / Left side  Marīcyāsana A Sage Marīci · bound forward fold 5 breaths Then linking vinyāsa →	18 / Right side  Marīcyāsana B Sage Marīci · half-lotus fold 5 breaths Then linking vinyāsa →	19 / Left side  Marīcyāsana B Sage Marīci · half-lotus fold 5 breaths Then linking vinyāsa →	20 / Right side  Marīcyāsana C Sage Marīci · seated twist 5 breaths Then linking vinyāsa →
21 / Left side  Marīcyāsana C Sage Marīci · seated twist 5 breaths Then linking vinyāsa →	22 / Right side  Marīcyāsana D Sage Marīci · half-lotus twist 5 breaths Then linking vinyāsa →	23 / Left side  Marīcyāsana D Sage Marīci · half-lotus twist 5 breaths Then linking vinyāsa →	24 / Centre / both  Nāvāsana Boat pose 5 breaths Brief lift before next boat
25 / Centre / both  Nāvāsana Boat pose 5 breaths Brief lift before next boat	26 / Centre / both  Nāvāsana Boat pose 5 breaths Brief lift before next boat	27 / Centre / both  Nāvāsana Boat pose 5 breaths Brief lift before next boat	28 / Centre / both  Nāvāsana Boat pose 5 breaths Then linking vinyāsa →
29 / Centre / both  Bhujapiḍāsana Arm-pressure balance · entry Inhale · entry Teacher-guided form	30 / Centre / both  Bhujapiḍāsana Arm-pressure balance · folded phase 5 breaths Then linking vinyāsa →		

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.