

Seated sequence · part two

Yoga Cikitsā · Yoga therapy · continuing the Primary Series

A folded pose is not a target depth. Omit advanced binds, neck loading and rollovers unless individually taught. The guide shows their place in the complete sequence.

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

01 / Centre / both



Kūrmāsana
Tortoise

5 breaths

Teacher-guided form

02 / Centre / both



Supta Kūrmāsana
Sleeping tortoise

5 breaths

Teacher-guided form

03 / Centre / both



Ṭiṭṭibhāsana
Firefly · transitional exit

Inhale · optional exit

Teacher-guided form

04 / Centre / both



Bakāsana
Crane / bent-arm crow · exit

Exhale · optional exit

Then linking vinyāsa →

05 / Centre / both



Garbha Piṇḍāsana
Embryo in the womb

5 breaths · then 9 rolls

Teacher-guided form

06 / Centre / both



Kukkuṭāsana
Rooster

5 breaths

Then linking vinyāsa →

07 / Centre / both



Baddha Koṇāsana A
Bound angle · long-spine fold

5 breaths

AI illustration

08 / Centre / both



Baddha Koṇāsana B
Bound angle · rounded fold

5 breaths

Then linking vinyāsa →

09 / Centre / both



Upaviṣṭha Koṇāsana A
Seated wide angle · forward fold

5 breaths

10 / Centre / both



Upaviṣṭha Koṇāsana B
Seated wide angle · balance

5 breaths

Then linking vinyāsa →

11 / Centre / both



Supta Koṇāsana
Reclining wide angle

5 breaths

Teacher-guided form

12 / Centre / both



Supta Koṇāsana · exit
Reclining wide angle · roll and fold

Inhale roll · exhale fold

Then linking vinyāsa →

13 / Right side



Supta Pādāṅguṣṭhāsana A
Reclining hand-to-big-toe · front

5 breaths

14 / Right side



Supta Pādāṅguṣṭhāsana B
Reclining hand-to-big-toe · side

5 breaths

15 / Right side



Supta Pādāṅguṣṭhāsana A
Reclining hand-to-big-toe · front

Return to centre · brief bow

16 / Left side



Supta Pādāṅguṣṭhāsana A
Reclining hand-to-big-toe · front

5 breaths

17 / Left side



Supta Pādāṅguṣṭhāsana B
Reclining hand-to-big-toe · side

5 breaths

18 / Left side



Supta Pādāṅguṣṭhāsana A
Reclining hand-to-big-toe · front

Return to centre · brief bow

Then linking vinyāsa →

19 / Centre / both



Ubhaya Pādāṅguṣṭhāsana
Both big-toe balance

5 breaths

Then linking vinyāsa →

20 / Centre / both



Ūrdhva Mukha Paścimottānāsana
Upward-facing seated forward stretch

5 breaths

Then linking vinyāsa →

21 / Centre / both



Setu Bandhāsana
Bridge · traditional Ashtanga form

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.