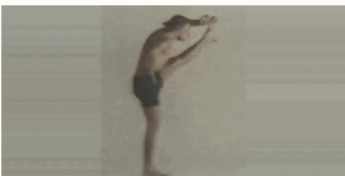
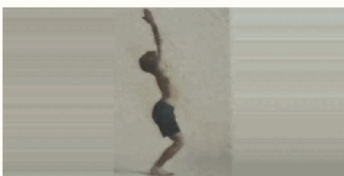
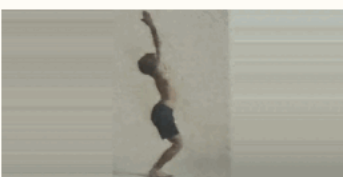


Standing sequence

Sthita āsanāni · Standing postures · a descriptive Sanskrit heading

Five breaths in held forms unless marked otherwise. Between standing families return to equal standing. No seated vinyāsa between these sides.

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

01 / Centre / both  Pādāṅguṣṭhāsana Big-toe forward fold 5 breaths	02 / Centre / both  Pādahastāsana Hand-under-foot fold 5 breaths	03 / Right side  Utthita Trikoṇāsana Extended triangle 5 breaths	04 / Left side  Utthita Trikoṇāsana Extended triangle 5 breaths
05 / Right side  Parivṛtta Trikoṇāsana Revolved triangle 5 breaths	06 / Left side  Parivṛtta Trikoṇāsana Revolved triangle 5 breaths	07 / Right side  Utthita Pārsvakoṇāsana Extended side angle 5 breaths	08 / Left side  Utthita Pārsvakoṇāsana Extended side angle 5 breaths
09 / Right side  Parivṛtta Pārsvakoṇāsana Revolved side angle 5 breaths	10 / Left side  Parivṛtta Pārsvakoṇāsana Revolved side angle 5 breaths	11 / Centre / both  Prasārita Pādottānāsana A Wide-legged fold · hands down 5 breaths	12 / Centre / both  Prasārita Pādottānāsana B Wide-legged fold · hands on hips 5 breaths
13 / Centre / both  Prasārita Pādottānāsana C Wide-legged fold · hands clasped 5 breaths	14 / Centre / both  Prasārita Pādottānāsana D Wide-legged fold · toe hold 5 breaths	15 / Right side  Pārsvottānāsana Intense side stretch / pyramid 5 breaths	16 / Left side  Pārsvottānāsana Intense side stretch / pyramid 5 breaths
17 / Right side  Utthita Hasta Pādāṅguṣṭhāsana A Extended hand-to-big-toe · front 5 breaths	18 / Right side  Utthita Hasta Pādāṅguṣṭhāsana B Extended hand-to-big-toe · side 5 breaths	19 / Right side  Utthita Hasta Pādāṅguṣṭhāsana C Extended hand-to-big-toe · return Inhale · exhale bow	20 / Right side  Utthita Hasta Pādāṅguṣṭhāsana D Extended leg balance · hands free 5 breaths
21 / Left side  Utthita Hasta Pādāṅguṣṭhāsana A Extended hand-to-big-toe · front 5 breaths	22 / Left side  Utthita Hasta Pādāṅguṣṭhāsana B Extended hand-to-big-toe · side 5 breaths	23 / Left side  Utthita Hasta Pādāṅguṣṭhāsana C Extended hand-to-big-toe · return Inhale · exhale bow	24 / Left side  Utthita Hasta Pādāṅguṣṭhāsana D Extended leg balance · hands free 5 breaths
25 / Right side  Ardha Baddha Padmottānāsana Half-bound lotus standing fold 5 breaths Teacher-guided form	26 / Left side  Ardha Baddha Padmottānāsana Half-bound lotus standing fold 5 breaths Teacher-guided form	27 / Centre / both  Samasthitiḥ Equal standing Exhale · prepare chair entry	28 / Centre / both  Utkāṣana Fierce pose / chair Inhale · entry
29 / Centre / both  Uttānāsana Standing forward fold Exhale	30 / Centre / both  Ardha Uttānāsana Half forward fold / half lift Inhale	31 / Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff / low plank Exhale	32 / Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Inhale
33 / Centre / both  Adho Mukha Śvānāsana Downward-facing dog Exhale	34 / Centre / both  Utkāṣana Fierce pose / chair Inhale · hold 5 breaths	35 / Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff / low plank Exhale	36 / Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Inhale
37 / Centre / both  Adho Mukha Śvānāsana Downward-facing dog Exhale	38 / Right side  Vīrabhadrāsana A Warrior I 5 breaths	39 / Left side  Vīrabhadrāsana A Warrior I 5 breaths	40 / Left side  Vīrabhadrāsana B Warrior II 5 breaths
41 / Right side  Vīrabhadrāsana B Warrior II 5 breaths	42 / Centre / both  Caturaṅga Daṇḍāsana Four-limbed staff / low plank Exhale	43 / Centre / both  Ūrdhva Mukha Śvānāsana Upward-facing dog Inhale	44 / Centre / both  Adho Mukha Śvānāsana Downward-facing dog Exhale

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.