



Bobbi Misiti  
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1.

## Ashtanga Yoga Primary Series

Surya Namaskar A 3 - 5x

Surya Namaskar B 3x

### Standing Poses

Padangusthasana / Padahasthasana

Utthita Trikonasana / Parivritta Trikonasana

Utthita Parsvakonasana / Parivritta Parsvakonasan

Prasarita Padottanasana A, B, C, D

Parsvottanasana

Utthita Hasta Padangusthasana

Ardha Baddha Padmottanasana

(Surya Namaskar into)

Utkatasana

(Surya Namaskar into)

Virabhadrasana I and II



2.

## Seated poses - Yoga Chikitsa (yoga therapy)

Paschimattanasana A,B,C

Purvattanasana

Ardha Baddha Padma Paschimattanasana

Triang Mukha Eka Pada Paschimattanasana

Janu Sirsasana A,B,C

Marichyasana A,B,C,D

Navasana

Bhujapidasana

Kurmasana / Supta Kurmasana

Garbha Pindasana / Kukkutasana

Baddha Konasana

Upavistha Konasana A,B

Supta Konasana

Supta Padangusthasana

Ubhaya Padangusthasana

Urdhva Mukha Paschimattanasana

Setu Bandhasana



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Setu Bandhasana B

Urdhva Dhanurasana 3x

Paschimattanasana 10 breaths

Closing

Sarvangasana

Halasana

Karnapidasana

Urdhva Padmasana

Pindasana

Mathsyasana

Uttana Padasana

Sirsasana

Baddha Padmasana

Padmasana

Utputhih

Take Rest!



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## Intermediate Series - Nadi Shodhana (nerve cleansing)

Surya Namaskar A 3 - 5x

Surya Namaskar B 3x

### Standing Poses

Padangusthasana / Padahasthasana

Utthita Trikonasana / Parivritta Trikonasana

Utthita Parsvakonasana / Parivritta Parsvakonasan

Prasarita Padottanasana A, B, C, D

Parsvottanasana



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2.

Pasasana

Krounchasana

Salabhasana A,B

Bhekasana

Dhanurasana

Parsva Dhanurasana

Ustrasana

Laghuvajrasana

Kapotasana

Supta Vajrasana

Bakasana A, B

Bharadvajasana

Ardha Matsyendrasana

Eka Pada Sirsasana A,B,C

Dwi Pada Sirsasana A, B

Yoganidrasana

Tittibhasana A,B,B walking, C

Pincha Mayurasana

Karandavasana

Mayurasana

Nakrasana

Vatayanasana

Parighasana

Gomukhasana A, B

Supta Urdhva Pada Vajrasana

Mukta Hasta Sirsasana A,B,C

Baddha Hasta Sirsasana A,B,C,D



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3.

Urdhva Dhanurasana 3x

Drop Back 3x

“Ticks” 3x or Tic-Tocs 3x

Backbending hands crossed 3x half way

Backbending - try to catch ankles

Paschimattanasana 10 breaths

### Closing

Sarvangasana

Halasana

Karnapidasana

Urdhva Padmasana

Pindasana

Mathsyasana

Uttana Padasana

Sirsasana

Baddha Padmasana

Padmasana

Utputih

Take Rest!



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1.

## Advanced A aka Third Series - Sthira Bhaga (steady Strength)

Surya Namaskar A 3x

Surya Namaskar B 3x

Vasistasana

Vashwamitrasana

Kashyabasana

Chakorasana

Bhairavasana

Skandasana

Durvasasana

Urdhva Kukkutasana A,B,C

Galavasana

Eka Pada Bakasana A,B

Koundinyasana A,B

Astavakrasana A,B

Viranchyasana AI, AII, AIII

Viranchyasana BI, BII

Purna Matsyendrasana



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2.

Eka Pada Rajakapotasana

Raja Kapotasana

Víparíta Dandasana / Eka Pada Víparíta Dandasana

Parsva Bakasana

Eka Pada Dhanurasana

Akarna Dhanurasana

Padangusthasana Dhanurasana A,B,C

Víparíta Salabhasana / Ganda Bherundasana

Uttana Shalabasana

Vrschikasana 2-1-1-2

Mulabandhasana

Kanda Pidasana

Buddhasana / Kapilasana

Eka Pada Kapotasana

Supta Trívíkramasana

Sayanasana / Parívrttasana

Utthíta Swasthikasana

Hanumanasana A, B





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3.

Urdhva Dhanurasana 3x

Tic-Tocks 3x

Backbending hands crossed 3x half way

Backbending - try to catch ankles

Paschimattanasana 10 breaths

Closing

Sarvangasana

Halasana

Karnapidasana

Urdhva Padmasana

Pindasana

Mathsyasana

Uttana Padasana

Sirsasana

Baddha Padmasana

Padmasana

Utputhih

Take Rest!