



yoga
teacher
prep

Ashtanga-Inspired Flow

May 2019

The practice of Ashtanga Yoga is arguably the beginnings of flow/Vinyasa/power yoga. It was developed by Sri K. Pattabhi Jois in India in the forties and continues to be a popular style of yoga in the western world even though Pattabhi Jois has since passed. The sequence this month is inspired by this traditional practice and in particular, the Ashtanga Yoga Primary Series.

When done in its entirety, the Primary Series can take up to 2 hours to complete. I've condensed and modified parts of the sequence so that it's teachable in a one-hour drop-in yoga class. Please note that this is NOT an Ashtanga class but simply a practice inspired by the esteemed Ashtanga asana tradition.

Instruction

Begin with your students standing at the top of the mat in Mountain Pose. Have them close their eyes and take a few breaths to get grounded. Then dive right into 5 rounds of Surya Namaskar A followed by 5 rounds of Surya Namaskar B.

Teach Standing Forward Fold, then have them step back and come into Triangle on the right side followed by Revolved Triangle on the same side. Rotate the feet around and complete Triangle and Revolved Triangle on the other side. Take a Vinyasa. Step back and complete Extended Side Angle and Lunge Twist. Pivot around on the feet and complete on the other side. Vinyasa. Step back for Wide-Legged Forward Fold and up to three variations on the same pose (like with hands interlaced behind the back, hands on hips, peace fingers to big toes). Vinyasa. Step back for Warrior One and Warrior Two. Pivot the feet for the second side. Vinyasa.

At the top of the mat complete Tree Pose, Toe Stand and Extended Hand to Foot Pose on both sides. Vinyasa to sitting on the bum. Take Seated Head to Knee Pose, Marichyasana and Seated Twist then complete on the other side. Vinyasa then have them come to rest on their backs. Next is the holy trinity: Upward Bow, Shoulderstand to Plow, Fish Pose. Option to complete the hour with a Headstand followed by Lotus Pose and finally, Savasana.

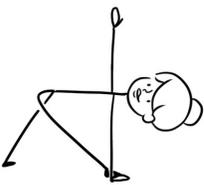
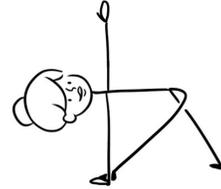
Please understand that this is what I like to call a 'quick and dirty' taste of the Primary Series and the Ashtanga purists out there are shaking their fists at me right now for even considering teaching this! That being said, my students and I love this sequence so much I just couldn't not share it.

Sequence

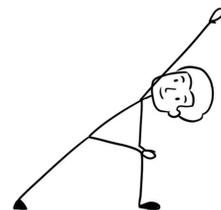
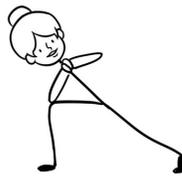
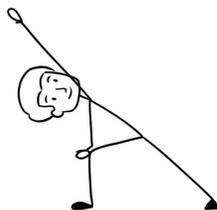


5 x Sun Salutations A

5 x Sun Salutation B



VINYASA

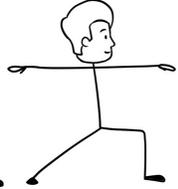
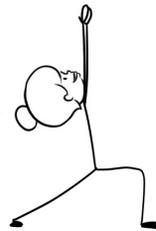
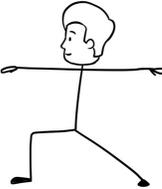


VINYASA

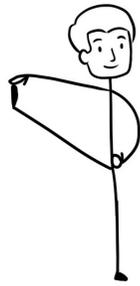
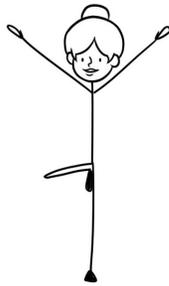
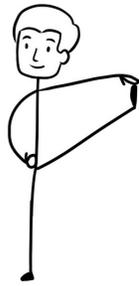
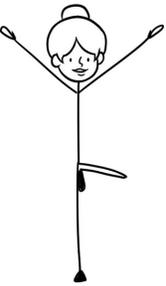


x 3 VARIATIONS

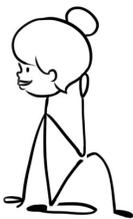
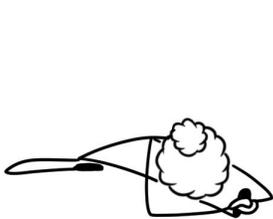
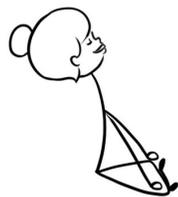
VINYASA



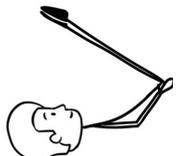
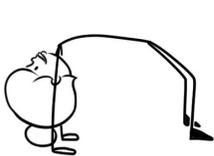
VINYASA



VINYASA



VINYASA



"Before you've practiced, the theory is useless. After you've practiced, the theory is obvious."
-David Williams

BONUS

Curious about the Primary Series now? Below is a link to the legit sequence of postures and their order in the Ashtanga Yoga Primary Series.

When I teach, I like to have a copy of this beside my mat to refer too. It allows me to mix things up a little and also answer questions about the sequence more readily.

