

सूर्यनमस्कार

David Robson | **Ashtanga Yoga**
Sūrya Namaskāra



davidrobson

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“This book is dedicated to every one that does the work.”

Introduction

Welcome to the Learn To Float Ashtanga Yoga flip book. Sūrya Namaskāra is the first in a series of books documenting the vinyāsas and āsanās of Ashtanga Yoga. The goal of this series is to provide a clear and precise record of the practice as it's being taught by Sharath Jois at the Shri K Pattabhi Jois Institute in Mysore, India.

The vinyāsa system is, arguably, the defining characteristic distinguishing Ashtanga from other āsana-based practices. My hope is that this flip book format will provide a fun and real representation of the movement and poetry of the vinyāsas, and also be a detailed resource of the Ashtanga system.

Namaste,

David Robson ☺

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Ashtanga Yoga

Ashtanga Yoga is a system of Haṭha yoga that involves synchronizing the breath with a challenging series of movements and postures. This process produces a purifying heat and profuse sweat that is said to “boil the blood” and burn away impurities. It is a vigorous, moving meditation that helps to develop a strong, light body and a quiet, steady mind.

Ashtanga comes from Mysore, India. The Guru of Ashtanga, Sri K. Pattabhi Jois (Guruji), taught there for 70 years. His style of teaching students, one-on-one in a group setting, became known as “Mysore-style”. With his mastery of yoga practice and texts, coupled with his shining charisma, Guruji made Ashtanga famous around the world. Guruji passed away in 2009, and now his



Ashtanga Yoga

grandson Sharath Jois carries on the tradition. The studio, or shala, in Mysore currently hosts a few hundred foreign students at any time of year. They make the pilgrimage to India to learn the authentic technique and connect with the lineage of teaching, or paramparā.

Lineage is important in the teaching of Ashtanga. The breathing-movement system, vinyāsa, is an exact, counted system of ritualized movement that should be learned from a teacher who understands the technique.

Practice is six days a week, with rest days on Saturdays and full and new moon days. Students, ideally, do their own practice in a group setting, Mysore-style. The teacher monitors the progress of each individual student, which happens pose-by-pose through the six series.



Technique

Vinyāsa

Vinyāsa means moving-breathing system. Each movement in the Ashtanga vinyāsa system is assigned a breath. Through daily practice, the focus should be towards achieving a perfect union between breath and movement.

As one moves through the vinyāsas a deep heat is created which burns away the impurities of the body, mind, and senses.

Adhering to the vinyāsa count develops concentration and non- attachment. By following the vinyasa count, our attachments and aversions are first revealed, and ultimately attenuated. This is an important technique that can help to deepen one's meditation during practice.



Technique

Tristhāna

Āsana
Breath
Dṛṣṭi

Tristhāna means the union of three places of attention. The three places of attention are: āsana, breath, and dṛṣṭi. While moving through the practice, the aspirant tries to bring her attention back to these three points of focus again and again.

Āsana means seat, or posture. Holding asanas helps to fix the mind in concentration. Each posture provides a screen against which the impermanent nature of thoughts and feelings becomes apparent. Maintaining a strong, daily asana practice over a long period of time cultivates self-mastery, one of the first steps required on the path to yoga. We use asanas in Ashtanga Yoga to purify the body and mind of obstacles in our path to enlightenment.



Technique

Tristhāna

Āsana
Breath
Dṛṣṭi

Breath: Strong, even breathing in the practice purifies the nervous system. The inhalation and exhalation, or pūraka and recaka, should be of equal duration and intensity. The breath remains calm and even in order to cultivate equanimity and steady focus in the āsanās. Setting the pace for the practice with the breath, the movement of each vinyāsa should fit in to the duration of its corresponding breath.

The breath in Ashtanga Yoga is done through the nose, with a soft hissing sound in the back of the throat. The sound should be like waves crashing on a distant shore, or an angry cobra. When breathing in your practice, keep your jaw and the roof of your mouth soft and relaxed. Let the tip of your tongue rest on the back of the upper front teeth. Very slightly constrict the throat to help you find the sound. Make the inhalations the same duration as the



Technique

Tristhāna

Āsana
Breath
Dṛṣṭi

exhalations. That means that if you're inhaling for four counts, then you're exhaling for four counts, too. Also, try to make the inhalations and exhalations equal intensity, making each sound even and steady. Breath retention, kumbhaka, does not occur in the Sūrya Namaskāra or the āsanas that follow; never hold the breath while practicing.

Dṛṣṭi means gaze, or looking place. Each pose has a dṛṣṭi, or a specific place to train the gaze on. By fixing the gaze while we practice, we build concentration, purify our mind, and learn to control our senses. There are 9 different drishtis: the foot, the navel, the hand, the thumb, the nose, the third-eye, the right side, the left side, and up towards the sky. Each of the vinyāsas in the Sūrya Namaskāra has a dṛṣṭi, as do all of the āsanas in the



Technique

Bandhas

six series of Ashtanga Yoga. In addition to tristhāna, an aspiring Ashtangi needs to know about bandhas. One cannot do the proper breath, or correct āsanās, without bandhas. Bandhas are locks - energetic and physical contractions - that we hold throughout our practice. The two bandhas that we use the most in the āsanās of Ashtanga Yoga are Mūla Bandha and Uḍḍīyāna Bandha.

Mūla Bandha means root lock. You find Mūla Bandha by contracting the anus. When you contract Mūla Bandha you should be able to feel a tightening between the genitals and the anus, and your tailbone is pulled slightly down. This contraction adds length to your lower back and helps to stabilize the lowest part of your torso. Energetically, Mula Bandha cultivates presence of mind, and ignites a sense of intention and power in the body.



Technique

Bandhas

Uḍḍīyāna Bandha means lifting up lock. It is a lower abdominal lock that is related to Mūla Bandha. It helps lift the energy that Mūla Bandha has sealed in the body. If you put your fingers about 2 or 3 inches below your navel and engage Mūla Bandha, you can feel a slight movement under your fingers. The sensation should be a hollowing out feeling, as though the middle of the lower belly is drawing outward towards the hipbones. While it is necessary to keep Uḍḍīyāna Bandha engaged throughout your practice, try not to let the contraction travel higher than the navel; the diaphragm should remain relaxed for proper breathing to occur.

Opening Chant

OM

Vande gurūṇāṃ caraṇāravinde
sandarśita svātma sukhāva bodhe |
niḥ śreyase jaṅgalikāyamāne
saṁsāra hālāhala mohaśāṁtyai ||
ābāhu puruṣākāraṁ
saṁkhacakrāsi dhāriṇam |
sahasra śirasaṁ śvetaṁ
praṇamāmi patañjalim ||

OM



OM

I bow to the lotus feet of the Gurus
The awakening happiness of one's own Self revealed,
Beyond better, acting like the Jungle physician,
Pacifying delusion, the poison of Samsara.
Taking the form of a man to the shoulders,
Holding a conch, a discus, and a sword,
One thousand heads white,
To Patanjali, I salute.

OM

"For those who practice āsanās, the Sūrya Namaskāra must be performed first and then followed by the āsanās. This is the rule. Those who follow this rule will receive whatever they desire."

- Sri K. Pattabhi Jois

सूर्यनमस्क

Sūrya Namaskāra **A**

Samasthitiḥ

Equal Standing Pose

Stand with the legs together,
heels and big toes touching.
Press through the feet and lift
through the crown of the head.

Dr̥ṣṭi: Nāsāgra | Nose



1. Ekaṃ



Raise the arms straight up,
keeping the shoulders down.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



1. Ekaṃ



Use Uddīyāna Bandha to
contain the front ribs.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



1. Ekaṃ



Squeeze Mula Bandha to
drop the tailbone.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



1. Ekaṃ



Bring the palms flat together,
and lift the gaze to the thumbs.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



2. Dve



Begin to fold at the hips
and pull in the stomach.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



2. Dve



Press through the feet,
pull up on the thighs and
keep the legs together.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



2. Dve



Place hands shoulder width
apart on either side of the feet,
palms flat, fingers spread.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



2. Dve

Uttānāsana

Intense Stretch Pose



Torso and legs meet, nose to shins,
work towards straight legs.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



3. Trīṇi



Press through the hands,
slowly start to lift the head.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



3. Trīṇi



Lift the bandhas to
lengthen the spine.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



3. Trīṇi

Keep leaning the weight
forward onto flat palms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Nāsāgra* | Nose



3. Trīṇi

Pull the shoulders away
from the ears.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



4. Catvāri

Press firmly into hands and
lean the whole body forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



4. Catvāri

Keep the arms straight
as the hips lift.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



4. Catvāri

Bend the elbows to bring
the chest forward.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



4. Catvāri

Caturaṅga Daṇḍāsana

Four Limb Staff Pose



Palms flat, elbows over the wrists,
feet hip width apart.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



5. Pañca



Press the chest forward and begin
to straighten the arms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



5. Pañca



Roll forward over the toes.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



5. Pañca



Lift the knees and thighs away
from the floor, press the feet
and toes into the floor.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



5. Pañca

Ūrdhva Mukha Śvānāsana
Upward Facing Dog



Stretch the throat to lift the chin.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



6. Śaṭ



Lift the navel and hips,
press into the hands and feet.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Śaṭ



Roll back over the toes,
drop the head.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Śaṭ



Palms flat, fingers spread,
shoulders away from the ears.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Ṣaṭ

Adho Mukha Śvānāsana
Downward Facing Dog



Press the heels to the floor,
hollow the lower abdomen.



Hold here for five breaths.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



7. Sapta



Head up, bend the knees and jump.

Breath: *Puraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



7. Sapta



Press into the hands,
keep the arms straight.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



7. Sapta



Feet together between the hands.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Nāsāgra* | Nose



7. Sapta



Straighten the legs and lift the head.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



8. Aṣṭau



Slowly fold forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



8. Aṣṭau



Press into the hands.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



8. Aṣṭau



Straighten the legs,
lean slightly forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



8. Aṣṭau

Uttānāāsana

Intense Stretch Pose



Elbows in toward the legs,
nose to shin.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



9. Nava



Begin to lift the chest and arms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



9. Nava



Hold the lower stomach in.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



9. Nava



Bring the arms over head.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



9. Nava



Palms meet, fingers together,
look at the thumbs.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



Samasthitiḥ

Equal Standing Pose

Keep the arms straight
as they lower.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



Samasthitiḥ

Equal Standing Pose

Press through the feet,
strong legs.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



Samasthitiḥ

Equal Standing Pose

Swell the chest, lower
the chin slightly.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



Samasthitiḥ

Equal Standing Pose

Palms press against the thighs.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



सूर्यनमस्क

Sūrya Namaskāra **B**

Samasthitiḥ

Equal Standing Pose

Stand with the legs together,
heels and big toes touching.
Press through the feet and lift
through the crown of the head.

Dr̥ṣṭi: Nāsāgra | Nose



1. Ekaṃ



Bend the knees,
keeping them together.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



1. Ekaṃ



Arms stay straight as they lift.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Aṅguṣṭagra | Thumbs



1. Ekaṃ



Tip the head back and lift the chest.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



1. Ekaṃ

Utkāṭāsana

Fierce Pose



Bring the hands together.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



2. Dve



Start to bring the torso
to the thighs.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



2. Dve



Stretch the arms out by the ears.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



2. Dve



Straighten the legs.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



2. Dve

Uttānāsana

Intense Stretch Pose



Put the hands by the feet and
squeeze the elbows to the calves.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



3. Trīṇi

Slowly begin to lift the head.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



3. Trīṇi

Straighten the back,
keeping the bandhas engaged.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Nāsāgra* | Nose



3. Trīṇi



Press into the palms and
roll the shoulders back.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



3. Trīṇi



Soften the jaw and lift the chin.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



4. Catvāri

Press the hands firmly into the floor
and lean the whole body forward.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



4. Catvāri



Keep lifting the lower
abdomen to lift the legs.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



4. Catvāri



Extend the legs and bend the
elbows to come down.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



4. Catvāri

Caturaṅga Daṇḍāsana

Four Limb Staff Pose



Keep the body straight,
chin forward.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



5. Pañca



Press into flat hands,
straightening the arms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



5. Pañca



Push the chest forward and up.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



5. Pañca



Reach through the toes.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



5. Pañca

Ūrdhva Mukha Śvānāsana
Upward Facing Dog



Press the tops of the feet
into the floor.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



6. Śaṭ



Lift the bandhas to lift the waist.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Śaṭ

Push into the hands.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Śaṭ



Press the thighs back.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



6. Ṣaṭ

Adho Mukha Śvānāsana
Downward Facing Dog



Sightly round the lower back to
bring the heels down to the floor.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



7. Sapta



Lift the hips, chest and chin.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Āṅguṣṭagra | Thumbs



7. Sapta



Step the right foot forward
between the hands.

Breath: *Pūraka* | Inhale
Drṣṭi: *Aṅguṣṭagra* | Thumbs



7. Sapta



Lift the chest and arms,
keeping the arms straight.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



7. Sapta

Vīrabhadrāsana
Warrior Pose



Tip the head back to
look at the thumbs.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



8. Aṣṭau



Keep the legs strong and
fold forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



8. Aṣṭau



Hands flat on either side
of the right foot.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



8. Aṣṭau



Step the right leg back,
feet hip width.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



8. Aṣṭau

Caturaṅga Daṇḍāsana
Four Limb Staff Pose



Bend the elbows, chest forward,
lower down.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



9. Nava



Press into flat hands and slowly
straighten the arms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



9. Nava



Lift the lower belly and
drop the hips.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



9. Nava



Strengthen the legs and
relax the buttocks.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



9. Nava

Ūrdhva Mukha Śvānāsana
Upward Facing Dog



Pull the shoulders back and down.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



10. Daśa



Press into the hands and
feet to lift the hips.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



10. Daśa



Lift the belly.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



10. Daśa



Engage the legs and press back
through the thighs.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



10. Daśa

Adho Mukha Śvānāsana

Downward Facing Dog



Drop the head.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



11. Ekādaśa



Bring the weight into the hands.

Breath: *Pūraka* | Inhale
Drṣṭi: Aṅguṣṭhagra | Thumbs



11. Ekādaśa



Bring the left thigh to the body,
left foot forward.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



11. Ekādaśa



Right heel turns in, left toes point forward, bend the left knee.

Breath: *Pūraka* | Inhale
Drṣṭi: *Aṅguṣṭagra* | Thumbs



11. Ekādaśa

Vīrabhadrāsana

Warrior Pose



Palms flat together,
arms straight by the ears.

Breath: *Pūraka* | Inhale
Drṣṭi: Aṅguṣṭhagra | Thumbs



12. Dvādaśa



Push into the left foot and
fold forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



12. Dvādaśa



Hands come straight down
to the ground.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



12. Dvādaśa



Keep the bandhas engaged and
the whole body strong.

Breath: *Recaka* | Exhale
Dṛṣṭi: Nāsāgra | Nose



12. Dvādaśa

Caturaṅga Daṇḍāsana
Four Limb Staff Pose



Push out through the heels.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: Nāsāgra | Nose



13. Trayodaśa



Palms flat, press the chest forward.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



13. Trayodaśa



Lengthen the front of the body.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



13. Trayodaśa



Relax the jaw, tongue and palate.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



13. Trayodaśa

Ūrdhva Mukha Śvānāsana
Upward Facing Dog



Breathe into the tops of the lungs.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



14. Caturdaśa



Lift the hips.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



14. Caturdaśa



Press into the hands to
drop the shoulders.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



14. Caturdaśa



Draw the front lowest ribs down
and in towards the spine.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nābhicakra* | Navel



14. Caturdaśa

Adho Mukha Śvānāsana
Downward Facing Dog



Squeeze Mūla Bandha.



Hold here for five breaths.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nābhicakra* | Navel



15. Pañcadaśa



Slightly bend the knees
and lift the chin.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Nāsāgra | Nose



15. Pañcadaśa



Jump onto straight arms.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Nāsāgra* | Nose



15. Pañcadaśa



Bring the legs close to the body,
feet together between the hands.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Nāsāgra* | Nose



15. Pañcadaśa



Push into the hands to lift the head.

Breath: *Pūraka* | Inhale
Dṛṣṭi: Nāsāgra | Nose



16. Śoḍaśa



Slowly fold forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



16. Śoḍaśa



Press into the hands.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



16. Śoḍaśa



Straighten the legs,
lean slightly forward.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



16. Śoḍaśa

Uttānaāsana

Intense Stretch Pose



Elbows in toward the legs,
nose to shins.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



17. Saptadaśa



Pull the belly in and bend the knees.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: Āṅguṣṭhagra | Thumbs



17. Saptadaśa



Keep the arms straight as they lift.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



17. Saptadaśa



Squeeze the legs together and
bring the weight into the heels.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭagra* | Thumbs



17. Saptadaśa

Utkatāsana

Fierce Pose



Arms up by the ears, palms flat,
tip the head back.

Breath: *Pūraka* | Inhale
Dr̥ṣṭi: *Aṅguṣṭhagra* | Thumbs



Samasthitiḥ

Equal Standing Pose

Legs stay together.

Breath: *Recaka* | Exhale
Dr̥ṣṭi: *Nāsāgra* | Nose



Samasthitiḥ

Equal Standing Pose

Arms straights as the come down.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



Samasthitiḥ

Equal Standing Pose

Drop the shoulders.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



Samasthitiḥ

Equal Standing Pose

Think of God.

Breath: *Recaka* | Exhale
Dṛṣṭi: *Nāsāgra* | Nose



Closing Chant

Svastiprajābhyaḥ paripālayantām
nyāyena mārgēṇa mahīm mahīśāḥ |
gobrāhmaṇebhyaḥ śubhamastu nityam
lokāsamastā sukhinobhavantu ||



May all be well with mankind.

May the leaders of the earth protect in every way by
keeping to the right path.

May there be goodness for those who know the
earth to be sacred.

May all the worlds be happy.

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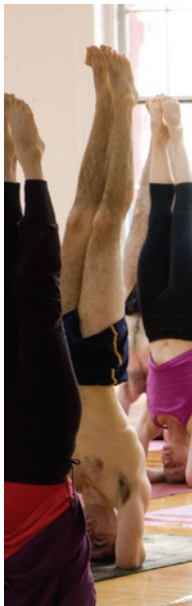




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David Robson, Toronto, Canada





David Robson and Sharath, Mysore, India





1. Ekaṃ



2. Dve



3. Trīṇi



4. Catvāri



5. Pañca



6. Ṣaṭ

Sanskrit Numbers

७	7. Sapta	१३	13. Trayodaśa
८	8. Aṣṭau	१४	14. Caturdaśa
९	9. Nava	१५	15. Pañcadaśa
१०	10. Daśa	१६	16. Ṣoḍaśa
११	11. Ekādaśa	१७	17. Saptadaśa
१२	12. Dvādaśa		



Samasthitiḥ



२. Dve



१. Ekaṇḍa



३. Trīṇi



4. Catvāri



6. Śaṭ
Breath x 5



8. Aṣṭau



५ 5. Pañca



७ 7. Sapta



९ 9. Nava

Samasthitiḥ



Samasthitiḥ



३ 3. Trīṇi



५ 5. Pañca



1. Ekaṃ



2. Dve



4. Catvāri



6. Ṣaṭ



7. Sapta



10. Daśa



8. Aṣṭau



9. Nava



11. Ekādaśa



१२ 12. Dvādaśa



१४ 14. Caturdaśa
Breath x 5



१६ 16. Ṣoḍaśa



१३ 13. Trayodaśa



१५ 15. Pañcadaśa

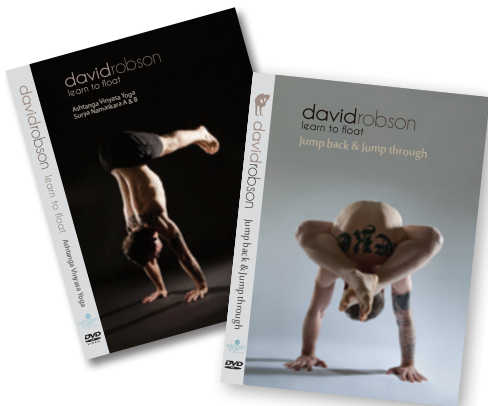


१७ 17. Saptadaśa

Samasthitiḥ

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Learn to Float

Sūrya Namaskāra A & B

Learn to Float is all about floating in Ashtanga Vinyasa Yoga. David Robson offers detailed techniques to help you find perfect union between breath and movement, and graceful, weightless transitions between postures in your practice. The video also features a practice section that sets the Surya Namaskara to the beat of a drum.

Jump back & Jump through

Learn to Float: Jump back & Jump through is all about the transitional jumping vinyasas of Ashtanga Yoga. David Robson breaks down the jump-back and jump-through into 5 steps to help you develop the strength, flexibility, and understanding that will deepen your experience of vinyasa and the Ashtanga practice as a whole.

Available on DVD and Online Video
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Standing Poses

Ashtanga Yoga

Next in the flip-book series Ashtanga Yoga:
Standing Poses

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About the Author

David Robson lives with his family in Toronto, Canada. He teaches at the Ashtanga Yoga Centre of Toronto. With 100+ students each morning, he leads one of the world's largest Mysore programs. After completing a degree in Comparative Religion, David made his first trip to Mysore, India in 2002, where he initiated studies with his teacher Sharath Jois. Since then he has returned annually to deepen and enrich his practice and teaching. David teaches workshops and retreats around the world, and has released a popular series of instructional videos on vinyasa, Learn To Float. He is Level-2 Authorized by the Sri K. Pattabhi Jois Ashtanga Yoga Institute.

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learn to float



ashtanga
yoga

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Ashtanga Yoga Centre of Toronto
3215A Yonge Street, Toronto Ontario
Canada M4N 2L3

www.ashtangatoronto.com
Email: info@AshtangaToronto.com
Phone: 647-342-6550

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