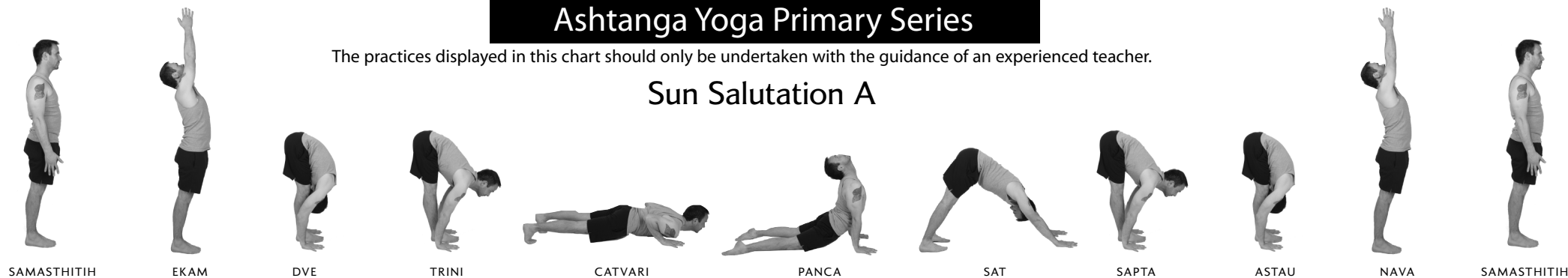




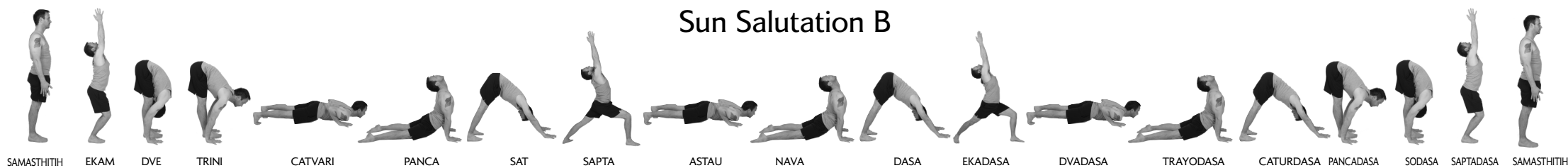
Ashtanga Yoga Primary Series

The practices displayed in this chart should only be undertaken with the guidance of an experienced teacher.

Sun Salutation A



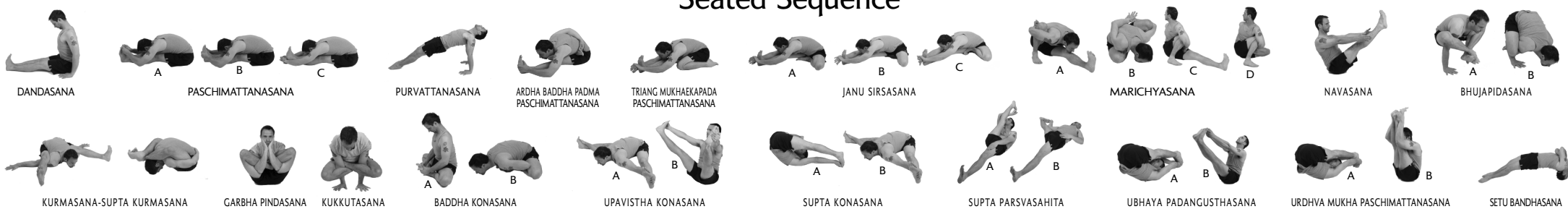
Sun Salutation B



Standing Sequence



Seated Sequence



Finishing Sequence





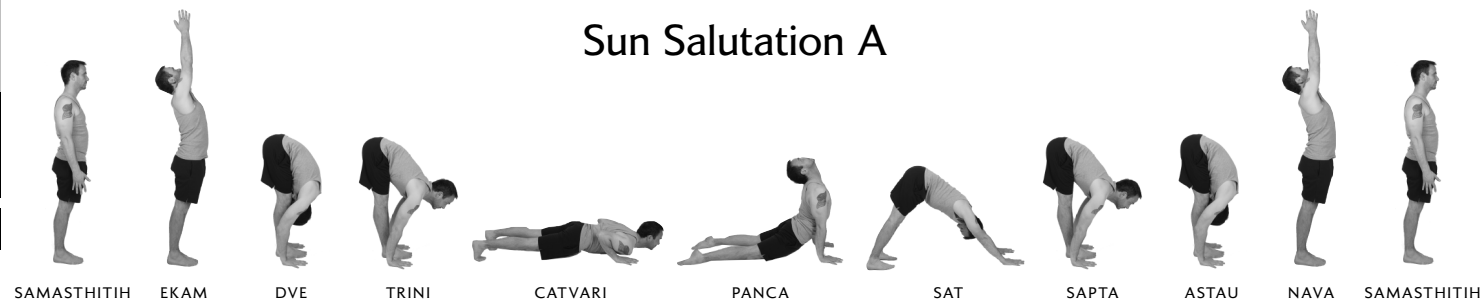
yoga manchester

yoga for everyone

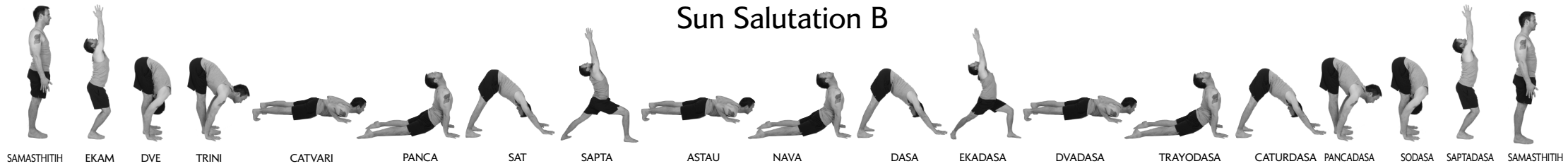
Ashtanga Yoga Intermediate Series

The practices displayed in this chart should only be undertaken with the guidance of an experienced teacher.

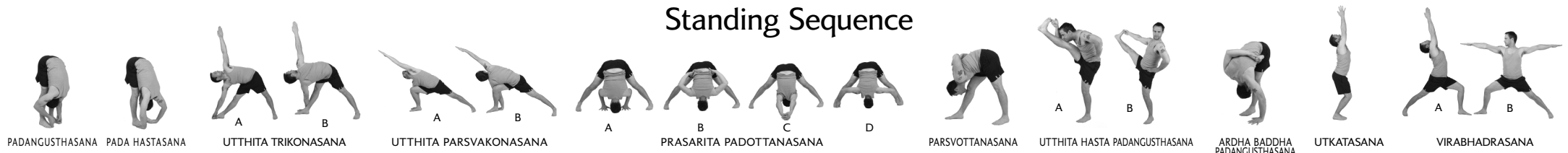
Sun Salutation A



Sun Salutation B



Standing Sequence



Intermediate Sequence



Finishing Sequence



For More Details : www.yoga-manchester.co.uk - Call Matt On 07983 605295 - Email: info@yoga-manchester.co.uk



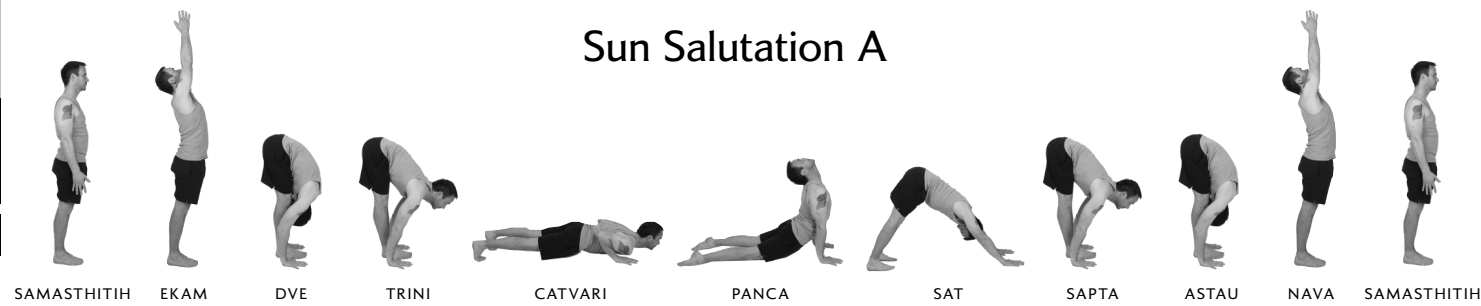
yoga manchester

yoga for everyone

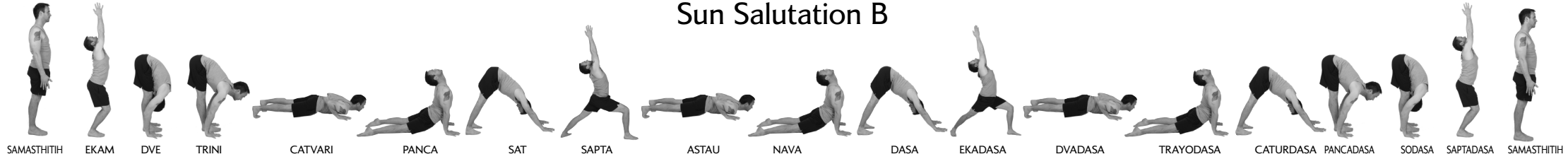
Ashtanga Yoga Advanced A Series

The practices displayed in this chart should only be undertaken with the guidance of an experienced teacher.

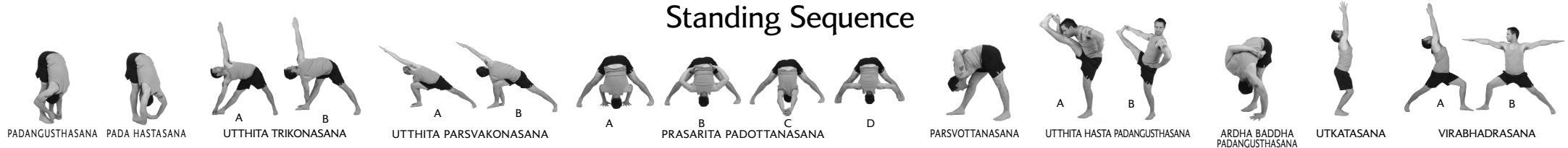
Sun Salutation A



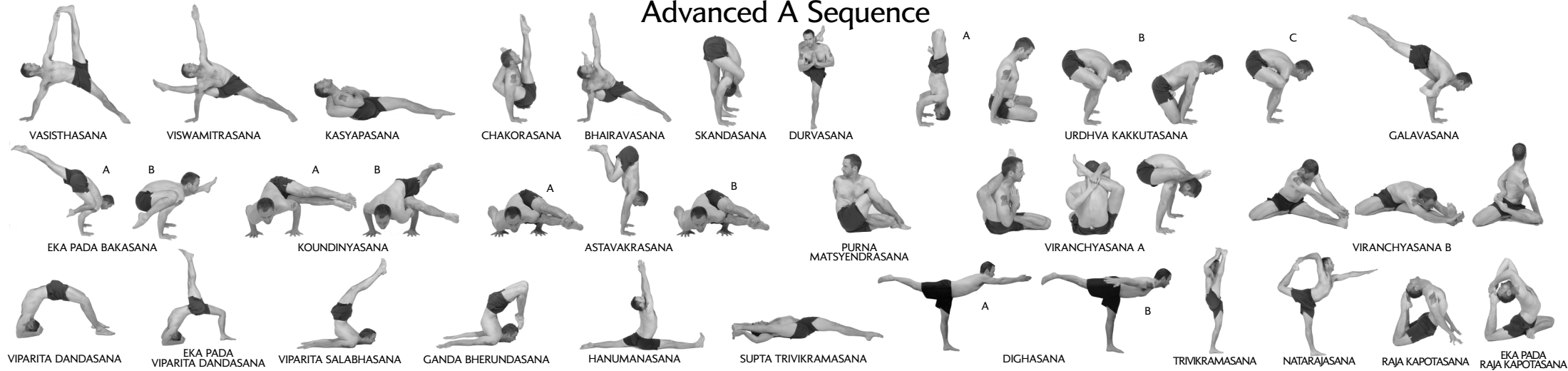
Sun Salutation B



Standing Sequence



Advanced A Sequence



Finishing Sequence

