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# History

The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born.

Several thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa, and South America.

Historical shreds of evidence of the existence of Yoga were seen in the pre-Vedic period (2700 B.C.), and thereafter till Patanjali's period. The main sources, from which we get the information about Yoga practices and the related literature during this period, are available in Vedas (4), Upanishads(108), Smritis, teachings of Buddhism, Jainism, Panini, Epics (2), Puranas (18), etc.



*A number of seals and fossil remains of Indus Saraswati valley civilization with Yotic motives and figures performing yoga indicate the presence of Yoga in India.*

Tentatively, the period between 500 BC - 800 A.D. is considered as the Classical period which is also considered as the most fertile and prominent period in the history and development of Yoga. During this period, commentaries of Vyasa on Yoga Sutras and Bhagavadgita etc. This period can be mainly dedicated to two great religious teachers of India –Mahavir and Buddha.

The period between 800 A.D. - 1700 A.D. has been recognized as the Post Classical period wherein the teachings of great Acharyatrayas-Adi Shankracharya, Ramanujacharya, Madhavacharya-were prominent during this period. The teachings of Suradasa, Tulasidasa, Purandardasa, Mirabai were great contributors during this period. The Natha Yogis of Hathayoga Tradition like Matsyendaranatha, Gorkshanatha, Cauranginatha, Swatmaram Suri, Gheranda, Shrinivasa Bhatt are some of the great personalities who popularized the Hatha Yoga practices during this period.

The period between 1700 - 1900 A.D. is considered as Modern period in which the great Yogacharyas- Ramana Maharshi, Ramakrishna Paramhansa, Paramhansa Yogananda, Vivekananda etc. have contributed for the development of Raja Yoga. This was the period when Vedanta, Bhakti yoga, Nathayoga or Hatha-yoga flourished. The Shadanga-yoga of Gorakshashatakam, Chaturanga-yoga of Hathayogapradipika, Saptanga-yoga of Gheranda Samhita, were the main tenets of Hatha-yoga.

Now in contemporary times, everybody has a conviction about yoga practices towards the preservation, maintenance and promotion of health. Yoga has spread all over the world through the teachings of great personalities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kuvalayananda, Shri Yogendra, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhijois, BKS. Iyengar, Swami Satyananda Sarasvati and the like.

## Hatha Yoga & Types:

Hatha simply refers to the practice of physical yoga postures, meaning your Ashtanga, vinyasa, Iyengar, and Power Yoga classes are all Hatha Yoga. The word “Hatha” can be translated two ways: as “willful” or “forceful,” or the yoga of activity, and as “sun” (ha) and “moon” (tha), the yoga of balance. Hatha practices are designed to align and calm your body, mind, and spirit in preparation for meditation.

Hatha yoga, which was once considered to be the mother of all other styles. There are other types of yoga-like Iyengar, ashtanga, vinyasa, kundalini, power, Sivananda, Yin, Viniyoga, restorative, moksha, Kripalu, Forrest, Jivamukti, Anusara, and Bikram.

## Vinyasa

Vinyasa yoga is a Sanskrit term. It’s one of many types of yoga and can be translated as “to arrange something in a special way”. In Vinyasa, different yoga poses are combined into a continuous flow – also called asana. It’s a dynamic form of yoga, almost like a kind of dance.

Eventually, the goal is to synchronize your movement with your breath, creating a balance between your body and your mind. Because of its dynamic nature, Vinyasa Yoga is also often called Vinyasa Flow, or simply Flow Yoga.

## The Benefits of Vinyasa Yoga

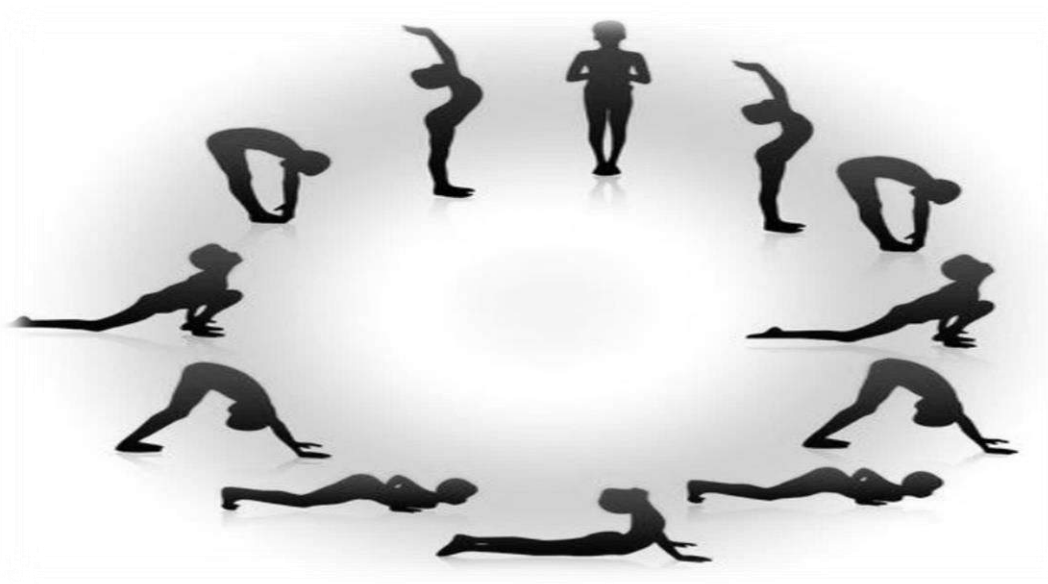
With regular practice, you will not only feel your muscles strength increase and your body becoming more flexible, but it will help you cleanse your body by sweating out toxins. On a

mental level, you will experience an increased ability to focus, a clearer mind and a significant decrease in stress levels. Vinyasa Yoga helps to reduce anxiety levels and heal depression.

## Surya Namaskar

Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.

Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet.



## Incredible benefits of Surya Namaskar:

- Helps maintain cardiovascular health
- Stimulates the nervous system
- Helps in stretching, flexing and toning the muscles
- An excellent exercise for weight loss management
- Strengthens the immune system
- Enhances cognitive functions
- Improves overall health, strengthens the body and relaxes the mind

## Steps to do Surya Namaskar:

### Step 1. Pranamasana (Prayer pose)



Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in prayer position.

### Step 2. Hastauttanasana (Raised arms pose)



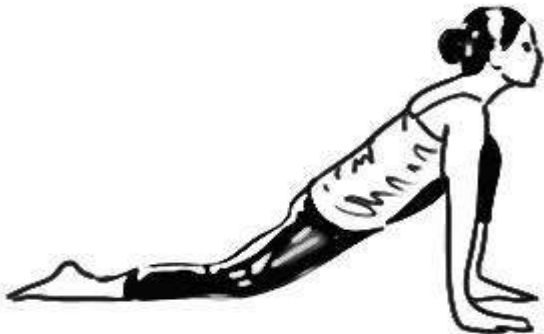
Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.

### Step 3. Hastapadasana (Standing forward bend)



Breathing out, bend forward from the waist keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.

### Step 4. Ashwa Sanchalanasana (Equestrian pose)



Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

### Step 5. Dandasana (Stick pose)



As you breathe in, take the left leg back and bring the whole body in a straight line.

## Step 6. Ashtanga Namaskara (Salute with eight parts or points)



Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

## Step 7. Bhujangasana (Cobra pose)



Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.

## Step 8. Adho Mukha Svanasana (Downward facing dog pose)



Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose.

### Step 9. Ashwa Sanchalanasana (Equestrian pose)



Breathing in, bring the right foot forward in between the two hands. The left knee goes down on the floor. Press the hips down and look up.

### Step 10. Hastapadasana (Standing forward bend)





Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

### Step 11. Hastauttanasana (Raised arms pose)



Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.

### Step 12. Tadasana



As you exhale, first straighten the body, then bring the arms down. Relax in this position and observe the sensations in your body.

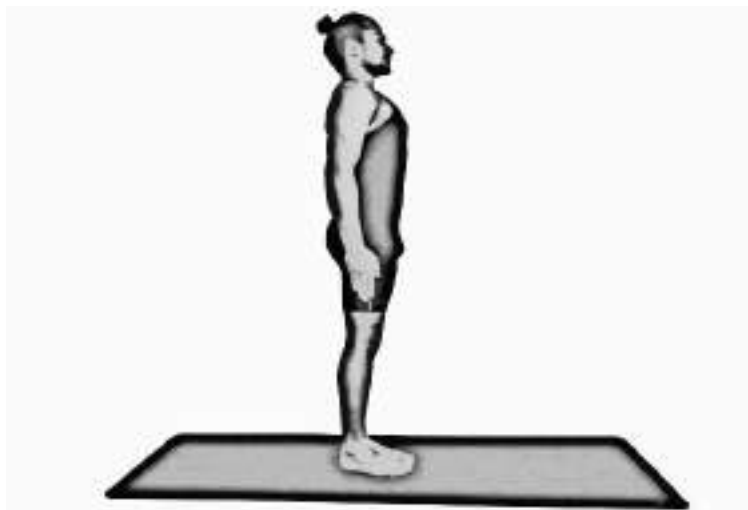
# Ashtanga A Surya Namaskar

There are two Surya Namaskar sequences that Ashtanga Vinyasa series are incomplete without. These two sequences A and B remain the same through all the different series, they allow you to truly connect your body and breath, the postures will become familiar and you can flow through them without thinking, allowing your body to be moved by your breath.



## START SAMASTHITI

Start, feet together, toes spread, weight evenly over the feet, thighs engaged (knee caps up), tail bone tucked under, abdomen in, shoulders rolled back, hands by the sides, chin parallel to the floor.



## 1. Inhale – URDHVA HASTASANA

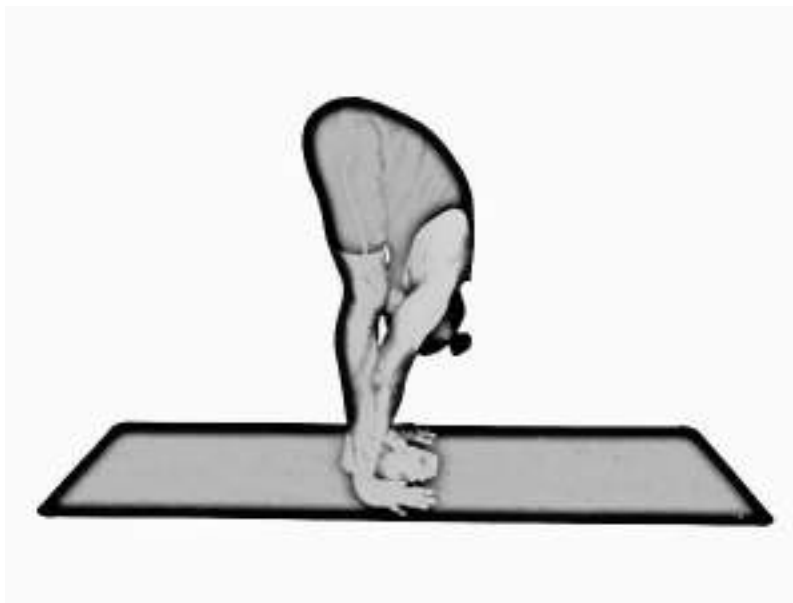
Bend the knees, raise the arms up over the head, bring the palms together and look to the

thumbs.



## 2. Exhale – UTANASANA

Straighten the legs, bend forwards from the hips, bringing your hands down, relax the neck look to your nose



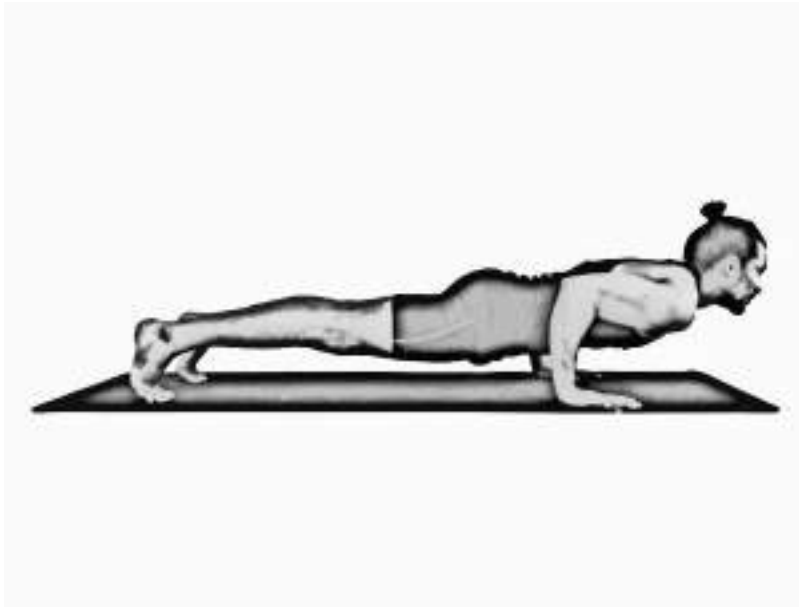
## 3. Inhale – URDVAH UTANASANA

Lengthen the spine, look forwards, open the shoulders.



#### 4. Exhale – CHATURANGA DANDASANA

Jump or step the feet back, bend the elbows keeping them tucked into your sides, lowering the body. Knees stay off the floor



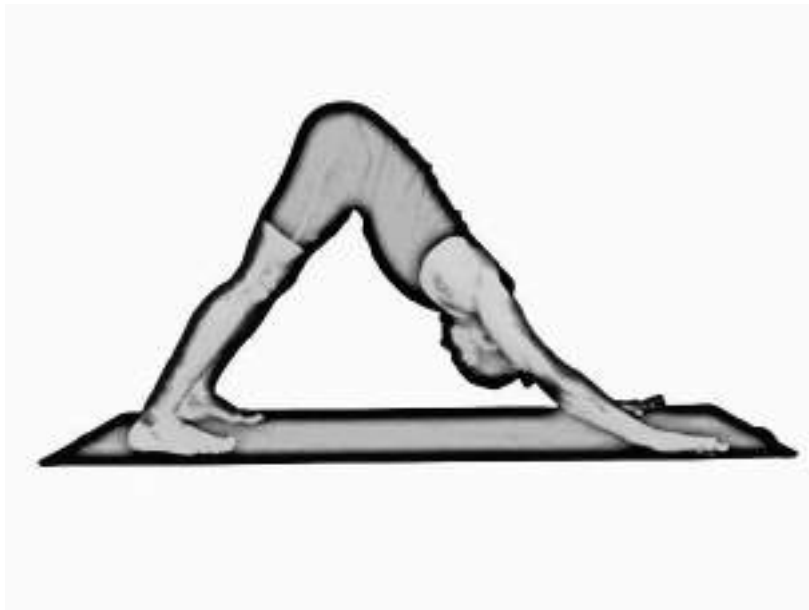
#### 5. Inhale – URDVAH MUKHA SVANASANA

Point the toes away from the body, lift the chest, knees stay off the ground. Opening the shoulders and looking up to the sky



## 6. Exhale – ADHO MUKHA SVANASANA

Tuck the toes under, lift the hips up, bring the shoulders down and look to the navel, stay here for 5 deep breaths.



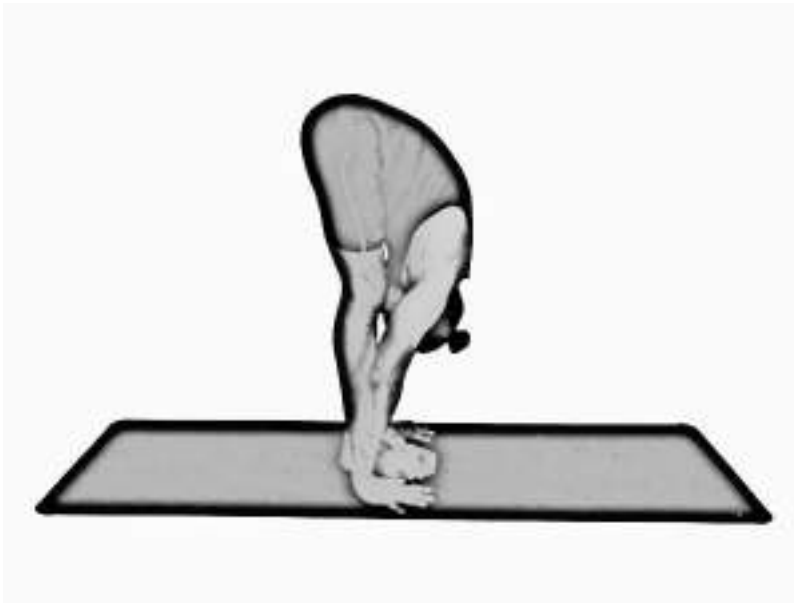
## 7. Inhale – URDVAH UTANASANA

Jump or step the feet together between the hands, lengthen the spine, look to the front, open the shoulders.



## 8. Exhale – UTANASANA

Bring the crown of your head towards the floor, relax the neck look to your nose.



## 9. Inhale – URDHVA HASTASANA

Bend the knees, raise the arms up over the head, bring the palms together and look to the thumbs.



## 10. Exhale – SAMASTHITI

Straighten the legs, bring the arms to the sides

## Ashtanga B Surya Namaskar





Starts at SAMASTHITI



**Utkatasana/Chair Pose:** Inhale. Bend both knees, make the lowest chair you can make with your body, and raise both arms up. The palms are touching at the top. Look at your thumbs.



**Uttanasana:** Exhale. Fold forward as you strengthen the legs. Chest towards your thighs. Forehead or chin towards the knees.



**Ardha Uttanasana:** Inhale. Look half the way up.



**Phalakasana/Plank Pose:** Exhale. Walk or jump back. Push up position, or lay down on the floor.



**Urdhva Mukha Shvanasana/Upward Facing Dog:** Inhale. Straighten the arms. Push your chest out. Look up and back. Knees straight lifted. point your toes.



**Adho mukha svanasana/Downward Facing Dog:** Exhale. Exhale. Push the hips up. Downward facing Dog. Heels on the floor. Chin Towards your chest. Looking at your belly bottom. Knees straight. Lift knee caps. Abdomen in. Engage Bhandas.



**Virabhadrasana I / Warrior I:** Inhale. Bring the right feet between your both hands. Knee in a 90 degree angle. Arms up. Lean back. Look up towards your hands.



**Phalakasana/Plank Pose:** Exhale. Bring the right leg back go into push up position or Cheturi.



**Urdhva Mukha Shvanasana/Upward Facing Dog:** Inhale. Straighten the arms. Push your chest out. Look up and back. Knees straight lifted. point your toes.



**Adho mukha svanasana/Downward Facing Dog:** Exhale. Push the hips up. Downward facing Dog. Heels on the floor. Chin Towards your chest.

Looking at your belly bottom. Knees straight. Lift knee caps. Abdomen in. Engage Bhandas.



**Virabhadrasana I / Warrior I:** Inhale. Bring the left feet between your both hands. Knee in a 90 degree angle. Arms up. Lean back. Look up towards your hands.



**Phalakasana/Plank Pose:** Exhale. Bring the left leg back go into push up position or Cheturi.



**Urdhva Mukha Shvanasana/Upward Facing Dog:** Inhale. Straighten the arms. Push your chest out. Look up and back. Knees straight lifted. Point your toes.



**Adho mukha svanasana/Downward Facing Dog:** Exhale. Push the hips up. Downward facing Dog. Heels on the floor. Chin Towards your chest. Looking at your belly bottom. Knees straight. Lift knee caps. Abdomen in. Engage Bhandas. Stay here for 5 long deep breaths.



**Ardha uttanasana:** Inhale. Jump or walk front. Straighten your knees. Half the way up. Lengthen the spine.



**Uttanasana:** Exhale. Fold forward. Forehead or chin towards your knees. Look at the toes.



**Utkatasana/Chair Pose:** Inhale. Bend both knees. Bring arms up. Palms together. Look up your thumb.



**SAMASTHITI:** Exhale. Straighten your legs. Brings arms down. Neutral Position.





# Vinyasa Flow Sequences

## Sequence for opening the Heart



## Warm-Up

Begin with gentle and slow Sivananda Suryanamaskara for 10 rounds and generate heat in the body.

## Main Sequence

1. Later, sit in Vajrasana and bend forward for a child's pose and relax. Come you seated posture (Vajrasana) and a do a round of camel pose, by lifting up your chest and palms touching the foot.
2. Once the body is heated up kneel down in Namaskara and extend your left leg back, toes pointing down and right leg front where the right thigh is parallel to mat, bring the hands together from the side during exhalation, Inhale and bring the hands behind your back and bend backward.

3. Kneel down in Namaskara extend your right foot front in the lower lunge, extend your right arm front where right leg and right arm and are in the same straight line, similarly extend your left arm back, opening your chest, gazing front and chin parallel to the mat. Inhale and bring your left hand and hold the calf muscles of the left leg. Simultaneously raise your right hand while bending backward and gazing at the tip of the middle finger(right hand).
4. Grab your left leg with the left hand, during exhalation bend forward, right hand pointing front. Inhale and bring your right behind and hold the left leg with both the hands.
5. Release both the hands and come to lower lunge position, now during exhalation straighten your right knee and bend forward, Inhale and bring your right leg front in runners pose, drop your left hand on the inner part of right foot and raise your right and gaze at the tip of middle finger (right hand).
6. Repeat steps 2-6 for the left leg (another half).
7. Bring your right hand down and come back to runners pose, bring your right leg back in plank, exhale in downward facing dog and raise your right leg higher during inhalation, exhale and bring it down to downward facing dog.

## Relaxation:

Come to table pose and repeat cat/cow stretch for 5-6 times and relax in child's pose

**Tip:** You can include Chakrasana as an ending sequence because it's an extreme heart opener and create the love within.

## Sequence for Twist



### Warm-Up

Begin with gentle and slow Asthanga A Suryanamaskara for 6 rounds.

### Main Sequence

1. Sit in Vajrasana, come down on your knees, exhale and bend forward, lie down on your chest and raise arms and legs during inhalation (as if your flying), exhale and bring it down. Repeat this step 3-4 rounds. Stand in Tadasana, inhale and bring your hands from the side and join in a chair pose, Exhale, bend forward in namaste and twist. Twist from the hip, taking your left hand on the right thigh. Exhale completely for utanasana and inhale for Ardha Uthanasana (Repeat thrice).
2. Take your left leg back and toe pointing 45 degrees inwards and right parallel to the mat, both the hands stretched out for Warrior II (breath normally). Joining your palms, while exhalation bends forward and twist by keeping your left elbow on the right thigh (breath from abdomen and core engaged). Drop your left knee and left palm down, open your right hand and gaze at the right thumb. Now raise your left knee and stay.

3. Come back to Warrior I, bring your left leg back (in the air) and bend forward with hands stretched for Warrior III, release your left hand, bring it on your right foot and stretch your right hand and twist. Bring down your left leg and right hand, get prepared for Yogi Squat (Toes pointing slightly outwards and in namaskara mudra bend down) and relax in Dandasana. Bring your left foot over the right thigh and prepare for Marichyasana.

8. Repeat steps 2-6 for the right leg (another half).

## Relaxation:

Relaxation sequence includes Bridge pose (Sethu bandasana), Sarvagansana, Halasana, Matsyasana (Fish Pose), Pavanmuktasana.

**Tip:** You can use blocks during twisting and use the strap for Dandasana to keep the spine straight.

## Sequence for Splits



## Warm-Up

Begin with gentle and slow Sivananda Suryanamaskara for 6 rounds.

## Main Sequence

1. Lie down on your back and begin with Pavanmuktasana, raise left leg perpendicular to the mat and another knee bent, bring the left leg down to the mat, with help of strap bend the left leg towards the chest during exhalation (repeat the same for right leg).
2. Come to Tadasana, Exhale and bend forward for Uthanasana, Inhale for Ardh Uthanasana, bring your right leg back in downward facing dog and raise your right leg, bring your right leg front for Lizard pose. Bend your left knee and bring it down to the mat and straighten your right leg and bend forward during exhalation, bend your right front, inhale and grab the left foot with the left hand and stretch it towards hips (repeat the step 2 for another leg).
3. Start with Ashwa Sanchalansana (runners pose), bring the right leg back and get into Warrior I, Kneel down and relax in child's pose, continue the practice with Warrior II, bring your left hand down(inner side of the left leg) and raise your right hand over the head for Parsvakonasana, straighten your knee raise your right hand for Parvritta Trikonasana, exhale and bring your hands the sides, toes pointing inwards and bend forward for Padottansana.
4. Inhale, bring your hands at the sides or the back in namaste, bend forward in Trikonasana, Kneel down, come to table pose and do a cat/cow stretch (thrice). Use a block the sides and try to stretch the left leg front for splits (Exhale during the stretch) and stay there for 10 counts. Come back to Tadasana, keep legs wide for 2 – 2.5 feet away and toes pointing inwards, exhale and go down for Malasana and Baddha Konasana, stretch your both the legs front and bend forward for Pachimotasana, cross your left leg over the right thigh in Marichayasana, bend your right leg inwards and get into Gomukasana, release your legs for the side split and bring hands at the front and bend forward (repeat step 3 and 4 for other leg).

## Relaxation:

Relaxation sequence includes Bridge pose (Sethu bandasana), Pavanmuktasana and Savasana.

**Tip:** You can include Anjaneyasana and Lizard Lunge in your daily practices for the easy stretch of hamstrings during the split.

## Sequence for Core



## Warm-Up

Begin with gentle and slow Sivananda Suryanamaskara for 6 rounds.

## Main Sequence

1. Lie down on your back and begin with Pawanmuktasana, raise left leg perpendicular to the mat and another knee bent, bring the left leg down (not touching the mat), (repeat 5 times), come down to Pawanmuktasana and do side twist (left and right side).
2. Come to Tadasana, inhale and raise your hand over your head, inhale and bend the knees for Utkatasana, exhale and bring your hands in namaste and twist(right side). Come at the center and bend forward for Uthanasana, inhale for Ardh Uthanasana and exhale for Uthanasana. Repeat step 2 for the right leg.
3. Lie down on your chest, palms facing down and lift up your body for plank, turn your left foot (outer part of the left foot facing down and the inner part facing upwards), bring your right foot over left and lift up your body for side plank, right arm raised upwards.

Bring your hand down, bring your right leg front for lower lunge (left knee on the mat), raise your hands over your head in namaste. Lift your left knee for the higher lunge and twist on the right side in namaste. Come back at center raise your arms over your head during inhalation, exhale and bend forward.

4. Inhale and bring your body at center and get prepared for Veerabhadrasana II (left knee forward and bent 90 degrees) exhale and reverse the warrior, Inhale for Parsvakonasana (bring your left hand at the inner side of left leg), bring your body front and raise your right leg and right hand for Ardh Chandrasana, bring your right leg down for Warrior I, bring your hands behind your back and clasp your hands and bend forward. Repeat steps 3 and 4 for the right leg.

### Relaxation:

Relaxation sequence includes Navasana (boat pose), reverse plank, Marichyasana, Shirsasana, Balasana, and Savasana.

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