

# YOGA CITKITSA - 1<sup>ST</sup> SERIES



| POSTURE                                | VINYASA | STATE         |
|--|---------|---------------|
| Suryanamaskara A                       | 9       | 6             |
| Suryanamaskara B                       | 17      | 14            |
| Padangusthasana                        | 3       | 2             |
| Pada Hastasana                         | 3       | 2             |
| Utthita Trikonasana A B                | 5       | 2 4           |
| Utthita Parsvakonasana A B             | 5       | 2 4           |
| Prasarita Padottanasana                | 4       | 3             |
| Parsvottanasana                        | 5       | 2 4           |
| Utthita Hasta Padangusthasana          | 14      | 2 4 7 9 11 14 |
| Arda Baddha Padmottanasana             | 9       | 2 7           |
| Utkatasana                             | 13      | 7             |
| Virabhadranasa                         | 16      | 7 8 9 10      |
| Paschimattanasana                      | 16      | 9             |
| Purvattanasana                         | 15      | 8             |
| Ardha Baddha Padma Paschimattanasana   | 22      | 8 15          |
| Tyriang Mukhaekapada Paschimattanasana | 22      | 8 15          |
| Janu Sirsasana A B C                   | 22      | 8 15          |
| Marichyasana A B                       | 22      | 8 15          |
| Marichyasana C D                       | 18      | 7 12          |
| Navasana                               | 13      | 7             |
| Bhujapidasana                          | 15      | 8             |
| Kurmasana - Supta Kurmasana            | 16      | 7 8           |
| Garbha Pindasana - Kukkutasana         | 15      | 8 9           |
| Baddha Konasana A B                    | 15      | 8 8           |
| Upavistha Konasana                     | 15      | 8 9           |
| Supta Konasana                         | 16      | 8             |
| Supta Hasta Padangusthasana            | 28      | 9 11 17 19    |
| Ubhaya Padangusthasana                 | 15      | 9             |
| Urdhva Mukha Paschimattanasana         | 16      | 10            |
| Setu Bandhasana                        | 15      | 9             |
| Urdhva Dhanurasana                     | 15      | 9             |
| Salamba Sarvangasana                   | 13      | 8             |
| Halasana                               | 13      | 8             |
| Karnapidasana                          | 13      | 8             |
| Urdhva Padmasana                       | 14      | 9             |
| Pindasana                              | 14      | 8             |
| Matsyasana                             | 13      | 8             |
| Uttana Padasana                        | 13      | 8             |
| Sirsasana                              | 13      | 8 9           |
| Yoga Mudra                             | 15      | 8             |
| Padmasana                              | 15      | 8             |
| Uth pluthih                            | 15      | 9             |
| Take rest                              |         |               |