

Ashtanga Yoga Vinyasa - Sanskrit Counting System

	Padangushtasana	Padahastasana	Utthita Trikonasana	Trikonasana B (not in Yoga Mala)	Utthita Parsvakonasana	Parsvakonasana B (not in Yoga Mala)
Ekam	in, take toes head up	ex, place hands, in again, head up	in, Legs wide, arms up	Legs wide, arms up	in, legs wide, arms up	Legs wide, arms up
Dve	ex, face touches 5x	ex, head down, 5x	ex, turn feet, take toe 5x	ex, turn feet 5x	ex, turn feet, place hand 5x	ex, turn feet, place hand 5x
Trini	in, head up	in, head up	in up,	in up,	in up,	in up,
Catvari		Samastithi	ex, left side 5x	ex, left side 5x	ex, left side 5x	ex, left side 5x
Panca			in, up	in, up, samastithi	in, up	In up samastithi
Please note that in Yoga Mala, the count is for full vinyasas, so in Prasarita Padottanasana, the count is as if jumping from the front.						
	Prasarita Padottanasana A	Prasarita Padottanasana B	Prasarita Padottanasana C	Prasarita Padottanasana D	Parsvottanasana	
Ekam	in jump, hands on waist	in, arms wide	ex, hands on waist	in, hands on waist	in, jump open, hands behind back	
Dve	ex, hands to flr, in again headup	ex, hands to waist, in again	in, hands clasp	ex, take toes, in again, head up	ex, touch face 5x	
Trini	ex, head down 5x	ex, head down 5x	ex, head down 5x	ex, head down 5x	in up, turn to the other side	
Catvari	in, arms straight, ex hands to waist	in, up, ex	in, up	in, head up, ex, hands to waist	ex, touch face 5x	
Panca	in, up, then ex	in, arms wide	ex, hands to waist	in, up	in, up	
	Guruji points out in Yoga Mala that some vinyasas have both in & ex			ex, samastithi	samastithi	

Bold face = state of the asana

Italic - not specified by Guruji in Yoga Mala, vinyasas given according to Lino Miele or Sharath

	Utthita Hasta padangushtasana	Ardha Baddha Padmottanasana	Utkatasana	Virabhadra
Ekam	in, take toe leg up	in, take toe/hand-waist	inhale	
Dve	ex, touch face 5x	ex, touch face 5x	exhale	
Trini	in, head up	in, head up only, exhale	head up	
Catvari	ex, leg rt 5x	in, up, hand to waist	jump back	
Panca	in, leg forward	ex, release	inhale	
Sat	ex, face touches	in, take left toe/hand-waist	exhale	
Sapta	in hands to waist 5x	ex, touch face 5x	jump to Utkatasana 5x	Virabhadrasana A 5x
Astau	take left toe head up	in, head up only, exhale	UP	A other side 5x
Nava	ex, touch face 5x	in, up & release	catvari jump back	Virabhadrasana B 5x
Dasa	in, head up	samastithi	inhale	B other side 5x
Ekadasa	ex, leg left 5x		exhale	UP
Dvadasa	in, leg forward			jump back
Trayodasa	ex, face touches			inhale
Caturdasa	in, hands to waist, 5x			exhale

	Paschima-ttanasan	Purvottan-asana	All poses through Maricy B	Maricyasana C & D	Navasana	Bhujapid-asana	Kurmasana & Supta Kurmasana		
Sapta	Dandasana position 5x	place hands	Take foot head up	Right side 5x	5x	lock feet	sit down 5x		
Astau	Take toes in, head up	in up 5x	ex, 5x	up	up (sapta again 5x)	exhale 5x	G hands back	S hands back	L ex, to Supta K
Nava	ex, 5x repeat with closed hands	ex, down	inhale, head up, ex	jump back	jump back	inhale head up	Cross feet 5x	Cross feet 5x	In, head up, ex
Dasa	in, head up, ex	in, up	in, up	inhale	inhale UMS	ex, Bakasana, in	(vinyasas follow Bhujapidasana)	up,	in, up to Baka
Ekadasa	in up,	ex, jump back	ex, jump back	exhale	exhale AMS	ex, catvari		ex Baka	Baka
Dvadasa	ex, jump back	inhale UMS	inhale	Left side 5x		(follow previous vinyasas)		Jump back	Jump back
Trayodasa	inhale UMS	exhale AMS	exhale AMS	Up				inhale UMS	inhale UMS
Caturdasa	exhale AMS		Left side, head up	jump back				exhale AMS	exhale AMS
Pancadasa			exhale 5x	inhale UMS					
Sodasha			inhale, head up, exhale	exhale AMS					
Saptadasa			in, up						
Astadasa			ex, jump back						
Ekoona vimshati			inhale UMS						
Vimshati			exhale AMS						

	Garbha Pindasana & Kukkutasana	Baddha Konasana		Upavishta Konasana	Supta Konasana	
Sapta	jump to sitting legs straight	Open feet head up		take feet head up	Lie down	
Astau	take Padmasana and hands through 5x	ex, 5x G: repeat in B position S: see below		ex, 5x inhale head up, exhale	legs over 5x	
Nava	ex back, in up, rock 5x Kukkuttasana 5x (vinyasas follow previous asanas)	(vinyasas follow previous asanas) <i>in, head up ex</i>		in feet up, head back 5x (vinyasas follow previous asanas) <i>ex</i>	inhale up, exhale down	
Dasa	<i>in, up</i>	<i>in, up</i>	<i>Ex B position</i>	<i>in, up</i>	up, (vinyasas follow previous asans)	in head up, ex
Ekadasa	<i>ex jump back</i>	<i>ex, jump back</i>	<i>in lift up</i>	<i>ex, jump back</i>		<i>lift up</i>
Dvadasa	<i>inhale UMS</i>	<i>inhale UMS</i>	<i>Jump back</i>	<i>inhale UMS</i>		<i>jump back</i>
Trayodasa	<i>exhale AMS)</i>	<i>exhale AMS</i>		<i>exhale AMS</i>		<i>inhale</i>
Caturdasa						exhale AMS
Pancadasa						
Sodasha						
Saptadasa						
Astadasa						
Ekoona vimshatiji						
Vimshatiji						

	Supta padangushtasana	Ubhaya Padangusth asana	Urdhava Mukha Paschimatt	Setu Bandhasana	Urdhava Dhanurasana
Sapta	lie down	Lie down	Lie down	Lie down	Lie down
Astau	in, take rt toe	in, legs over, ex	legs over	Prepare	Prepare
Nava	ex, face touches 5x	inhale up, 5x,	inhale up	in up 5x	in up 5x, 3x
Dasa	in head down	(previous) (<i>in, up</i>	ex, face touches 5x	exhale down	exhale down
Ekadasa	ex leg to side 5x	<i>ex, jump back</i>	in, arms straight (follow Paschimatt)	in, Cakrasana to catvari	in Chakrasana
Dvadasa	in leg up	<i>inhale UMS</i>	<i>exhale jump back</i>	(previous vinyasas)	ex, Catvari
Trayodasa	ex, face touches	<i>exhale AMS)</i>	<i>inhale UMS</i>		inhale UMS
Caturdasa	in head down		<i>exhale AMS</i>		exhale AMS
Pancadasa	ex, leg down				Paschimattanasana
Sodasha	in, take lt toe	Finishing Poses <hr/> State of the asana is always Astau Sarvangasana 10x Halasana 8x Karnapidasana 8x Urdhva Padmasana 8x Pindasana 8x Matsyasana 8x Uttanpadasana 8x Cakrasana Sirsasana 15x Dandasana/Half-Bend 10x Baddha Padmasana Yoga Mudrasana 10x Padmasana 10x Utplutih 10x			
Saptadasa	ex, face touches 5x				
Astadasa	in, head down				
Ekoona vimshatihi	ex, leg to side 5x				
Vimshatihi	in, leg up				
Ekavimshatihi	ex, face touches				
Dvavimshatihi	in, head down				
Trayovimshatihi	ex, leg down				
Caturvimshatihi	in, chakrasana				
Pancavimshatihi	ex, catvari				
Sodavimshatihi	inhale UMS				
Saptavimshatihi	exhale AMS				

Adjustment Guidelines

We usually use these adjustments in class:

Utthita Hasta Padangushtasana: holding the foot and helping the student to move the leg properly to improve balance and smooth out the action.

Ardha Baddha Padmottanasana: helping students clasp or steadying the student as they bend forward and come up again.

Ardha Baddha Padma Paschimattanasana: helping students clasp.

Tiriang Mukhaikapada Paschimattanasana: helping students to center over both thighs.

Janu sirsasana: correcting angle of bent leg (A 90° B 85°).

Maricyasanas: helping students clasp.

Supta Kurmasana: helping students clasp.

Garbha Pindasana: instructing students to use water and how to roll.

Baddha Konasana: pushing thighs down near femur head or helping forehead touch toes. Do not use your feet. Never stand on anyone.

Urdhva Dhanurasana: backbend assist is only to be given to students who can do a backbend with straight arms and relatively straight legs. After student pushes up 3rd time or has come to standing, dip back 3x with arms crossed. 4th time, take back with hands extended and encourage them to walk back, take 5 breaths and pull to standing. Students who can do a backbend with straight arms and who's head is away from the floor can be taught how to do a drop-back. Don't teach drop backs to students who can't straighten their arms or they will clunk their head on the floor. Then Paschimattanasana with pressure on the back. Don't lie on anyone unless they have been to Mysore and ask you to.

Adjustments taught by David Swenson are also appropriate for use in our classes.

More intense adjustments are best given in Mysore by Saraswathi or Sharath.

When in doubt about whether an adjustment is appropriate, ask first.

Sharath cautions not to push students in forward bends (although Saraswathi does), and to be careful of knees in all poses.