

SALUTATION B

ASHTANGA YOGA



SAMASTHITI



1/ EKAM



2/ DVE



3/ TRĪṆI



4/ CATVĀRI



5/ PAÑCA

SALUTATION B - ASHTANGA YOGA

EXPIRE



6/ ŚAT

INSPIRE



7/ SAPTA

EXPIRE



8/ AṢṬAU

INSPIRE



9/ NAVA

EXPIRE



10/ DAŚA

INSPIRE



11/ EKĀDAŚA

EXPIRE



12/ DVĀDAŚA

INSPIRE



13/ TRAYODAŚA

EXPIRE



14/ CATURDAŚA:

5 RESPIRATIONS

SALUTATION B - ASHTANGA YOGA

INSPIRE



15/ PAÑCADAŚA

EXPIRE



16/ ŚOḌAŚA

INSPIRE



17/ SAPTADAŚA



SAMASTHITI