



Swami Sivananda
(1887-1963)

YOGA ASANA CHART

“Health is wealth, peace of mind is happiness, Yoga shows the way.”
Swami Vishnu-devananda



Swami Vishnu-devananda
(1927-1993)

- Practice in the morning or evening before meals.
- Begin with the Sun Salutation. Synchronise the breath with each movement.
- The asanas should be practiced slowly and in a relaxed manner.
- Between asanas, relax with us to eight deep breaths in the Corpse pose to avoid fatigue.
- Concentrate your thoughts on each asana and try not to let your mind wander.
- After completion of the asanas relax for 10 minutes in the Corpse pose.

SUN SALUTATION
Surya Namaskar
Ashtanga 12 Asanas

- 1** Stand with feet together, arms at sides. *Exhale, palms together.*
- 2** Inhale, raise arms overhead. *Exhale, stretch up and back, keeping the arms and legs straight.*
- 3** Inhale, bend forward, place hands by the side of the feet, head touching the knees. *Exhale, bend forward and place the hands by the side of the feet, head touching the knees.*
- 4** Inhale, stretch the right leg back, place the foot on the floor, keep the chin up. *Inhale, stretch the right leg back, place the foot on the floor, keep the chin up.*
- 5** Retain the breath, keep the body on a straight line, hips parallel to the floor. *Retain the breath, keep the body on a straight line, hips parallel to the floor.*
- 6** Exhale, drop the lower chest and forehead to the floor. *Exhale, drop the lower chest and forehead to the floor.*
- 7** Inhale, lift the head and chest, keep the hips on the floor, the feet together and the arms slightly bent. *Inhale, lift the head and chest, keep the hips on the floor, the feet together and the arms slightly bent.*
- 8** Exhale, push the hips up and push the head in towards the knees. *Exhale, push the hips up and push the head in towards the knees.*
- 9** Inhale, stretch the right leg forward and place the foot in line with the hands, keep the left knee on the ground and the chin up. *Inhale, stretch the right leg forward and place the foot in line with the hands, keep the left knee on the ground and the chin up.*
- 10** Exhale, bring the left foot forward so both feet are together, keep the head touching the knees. *Exhale, bring the left foot forward so both feet are together, keep the head touching the knees.*
- 11** Inhale, stretch up and back, keeping the arms and legs straight. *Inhale, stretch up and back, keeping the arms and legs straight.*
- 12** Exhale and place the arms by the side, for the next round, in position stretch the left leg back first. Alternate the legs for each round. *Exhale and place the arms by the side, for the next round, in position stretch the left leg back first. Alternate the legs for each round.*



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