



# 8-Week Beginners Course

## ASHTANGA YOGA

---

### Lesson One

Sitting quietly for a few minutes

Introductory talk on Ashtanga Yoga

Teaching Surya Namaskar A  
Savasana

Sitting and Home Practice tasks

---

### Lesson Two

Led practice  
Self Practice

Introducing Ujjayi Breathing

Teaching Surya Namaskar B

Introduction: Padangustasana and Padahastasana

Sun Salutation A + B, Padangustasana and Padahastasana

---

### Lesson Three

Sun Salutation A + B, Padangustasana and Padahastasana

Introduction: Trikonasana

Introduction: Paravritta Trikonasana

ALL

---



## **Lesson Four**

All to Paravritta Trikonasana

Paravritta Trikonasana

Introduction: Parsvakonasana

Introduction: Paravritta Parsvakonasana

ALL

---

## **Lesson Five**

All to ParavrittaParsvakonasana

Introduction: Padottanasanaa,b,c,d

ALL

Self Practice

---

## **Lesson Six**

All to Padottanasana

Introduction: Parsvottanasana

Uttitha Hasta, Padangustasana, Ardha Badha Padmottanasana

ALL Self Practice

---



## **Lesson Seven**

All to Ardha Badha Padmottanasana

Introduction: Utkatasana  
Virabhadrasana 1+2

Surya Namaskar and all Standing Postures

Self Practice



## **Lesson Eight**

Surya Namaskar + all Standing Postures Self Practice

Discussion/Questions/Next Level Beginners 2

