



Prana Vashya Yoga | Secondary Series

The dynamic yoga of Yogacharya Vinay Kumar of Mysore, India – www.pranavashya.com

Prana Vashya Secondary Series is commenced when the practitioner has attained good mastery of the asanas and breath control in the Prana Vashya Primary Series. The Secondary Series follows the beginning of the Primary Series up to the *vinyasa from Garudasa*, where instead of stepping into *Veerabhadrasana A*, you step into *Shirsha Padangushtasana* and then continue through the series as illustrated below. On completing the last asana in the sequence, *Eka Pada Kapotasana*, you then continue as per the Primary Sequence, from *Marichyasana A* until final *Savasana*. (5 breaths in each asana).

v = perform vinyasa [] = suggestion for beginners



ENTER SEQUENCE FROM VINYASA (RIGHT SIDE FIRST). VINYASA TO LEFT SIDE AFTER NATARAJASANA

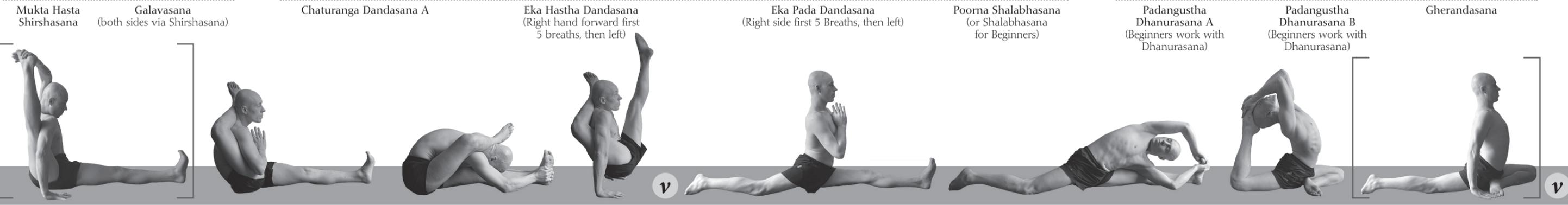
ENTER SEQUENCE FROM VINYASA. PERFORM VINYASA AFTER SUPTA KURMASANA AND COME INTO MUKTA HASTA SHIRSHASANA (BELOW)



FROM SHIRSHASANA FOLD INTO GALAVASANA

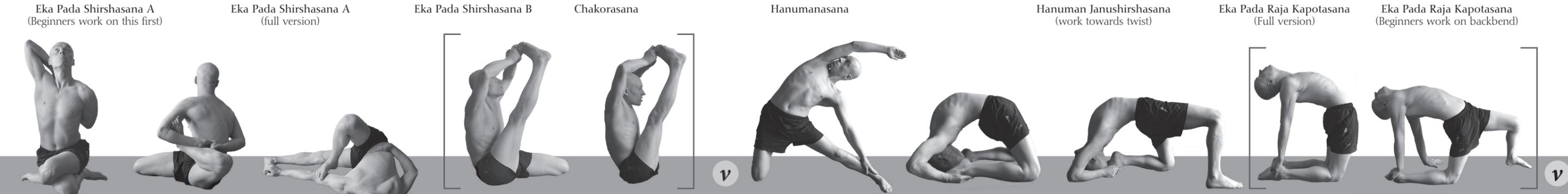
ENTER FROM VINYASA, 5 BREATHS IN EACH ASANA & 5 BREATHS EACH SIDE IN EKA HASTA & EKA PADA DANDASANA VARIATIONS

5 BREATHS & 5 BREATHS BOTH SIDES IN GHERANDASANA



ENTER VIA VINYASA THEN 5 X BREATHS EACH ASANA, RIGHT SIDE FIRST AND THEN VINYASA TO LEFT SIDE

ENTER VIA VINYASA THEN 5 X BREATHS EACH ASANA, RIGHT SIDE FIRST AND THEN VINYASA TO LEFT SIDE. (FOR EKA PADA RAJA KAPOTASANA EITHER DO BEGINNERS OR FULL VERSION)



VINYASA THEN 5 BREATHS EACH ASANA, BOTH SIDES.

(BEGINNER ONLY – WORK TOWARDS TRYING FULL SEQUENCE)

VINYASA THEN 5 BREATHS EACH ASANA, BOTH SIDES.

(WORK WITH USHTRASANA & EKA PADA USHTRASANA UNTIL COMFORTABLE TO START PRACTICING KAPOTASANA)

