

David & Jelena Yoga

Ashtanga Blueprint Map

Your Interactive Guide To Ashtanga's Primary Series.
Click Any Pose To Watch The Free Tutorial About It.



Sūryanamaskāra A
Sun Salutation A



Sūryanamaskāra B
Sun Salutation B



Pādāṅgustāsana
Big Toe Pose



Pādahastāsana
Hand to Foot Pose



Utthita trikonāsana
(A+B) | Extended Triangle Pose



Utthita pārsvakonāsana
(A+B) | Extended Side Angle Posenasana



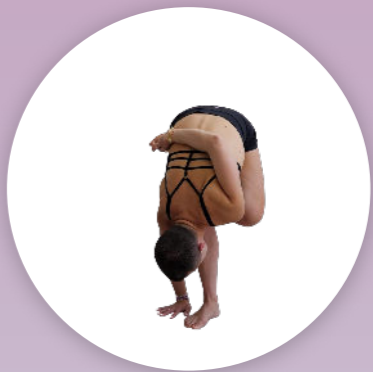
Prasārita pādottāsana
(A,B,C,D) | Spread Foot Stretching Pose



Pārsvottāsana
Sideways Stretching Pose



Utthita hasta pādāṅgustāsana
Extended Hand to Big Toe Pose



Ardha baddha padmottāsana
Half Bound Lotus West Stretching Pose



Utkatāsana
Uneven Pose



Virabhadrasana 1 & 2
Warrior Pose



Paścimattāsana
West Stretching Pose



Pūrvattāsana
East Stretching Pose



Ardha baddha padma paścimattāsana
Half Bound Lotus West Stretching Pose



Tiryāṅgmukha ekapāda paścimattāsana
One Foot Back West Stretching Pose



Jānuśīrāsana A
Head to Knee Pose



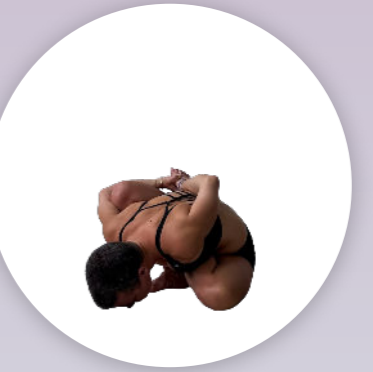
Jānuśīrāsana B
Head to Knee Pose



Jānuśīrāsana C
Head to Knee Pose



Marīcāsana A
Sage Marici Pose



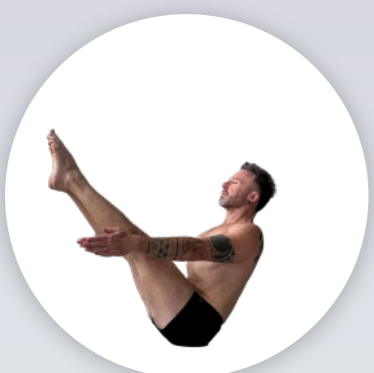
Marīcāsana B
Sage Marici Pose



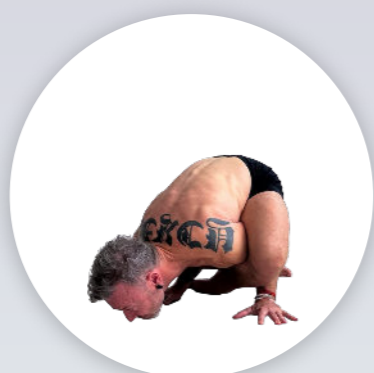
Marīcāsana C
Sage Marici Pose



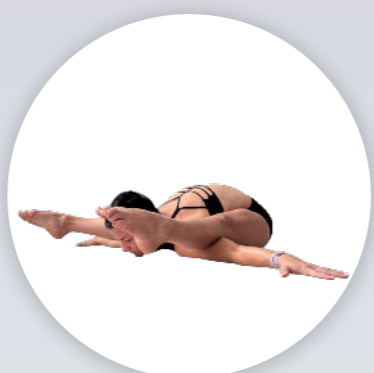
Marīcāsana D
Sage Marici Pose



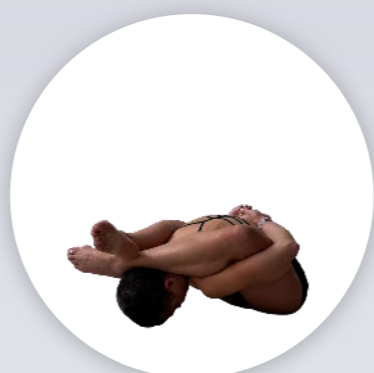
Nāvāsana
Boat pose



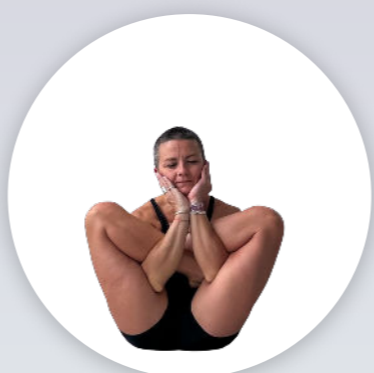
Bhujapīdāsana
Arm Pressure Pose



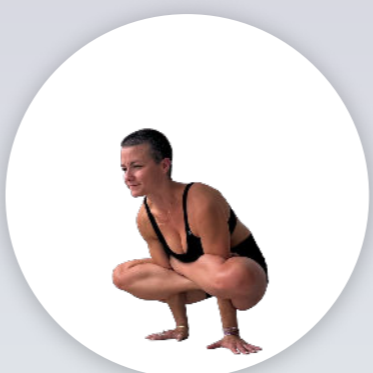
Kūrmāsana
Tortoise Pose



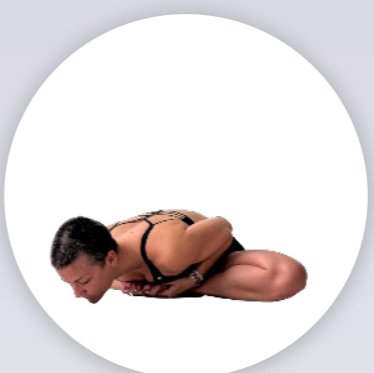
Supta kūrmāsana
Sleeping Tortoise Pose



Garbha pīdāsana
Embryo in The Womb Pose



Kukkūtāsana
Rooster Pose



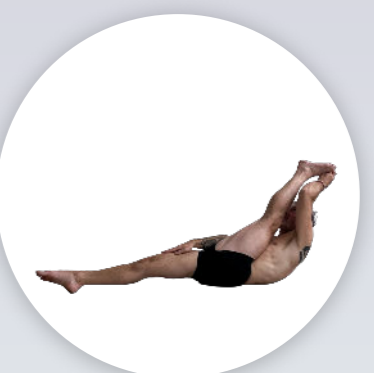
Baddha konāsana A/B | Bound Angle Pose



Upaviṣṭha konāsana
Seated Angle Pose



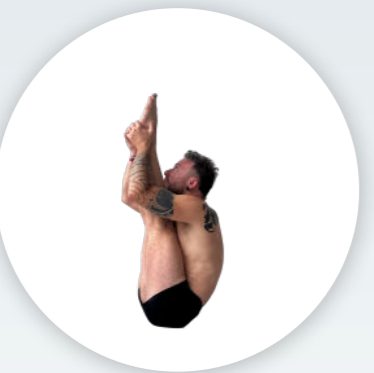
Supta konāsana
Lying Down Angle Pose



Supta pādāṅgustāsana
Lying Down Big Toe Pose



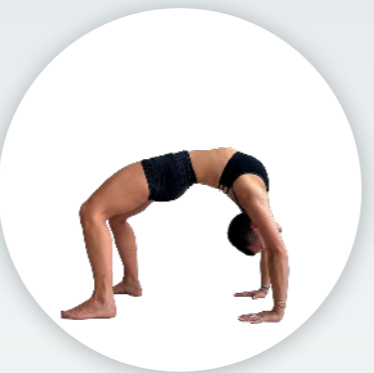
Ubhaya pādāṅgustāsana
Reclined Big Toe Pose



Ūrdhva mukha paścimattāsana
Upward Facing West Stretching Pose



Setu bandhāsana
Bridge Configuration Pose



Ūrdhva dhanurāsana
Upward Bow Pose



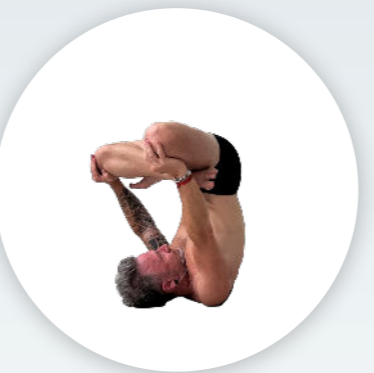
Salāmba sarvāṅgāsana
Supported All Limbs Pose



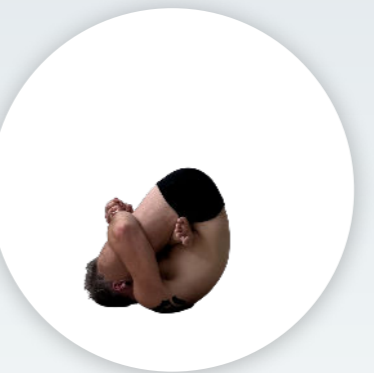
Halāsana
Plough Pose



Karna pīdāsana
Ear Pressure Pose



Ūrdhva padmāsana
Upward Lotus Pose



Pīdāsana
Embryo Pose



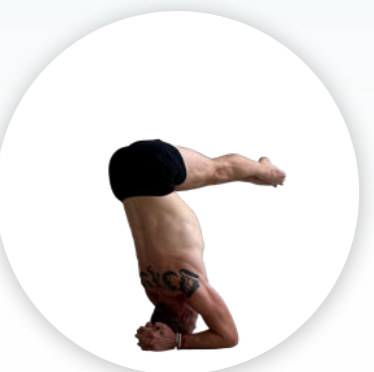
Matsyāsana
Fish Pose



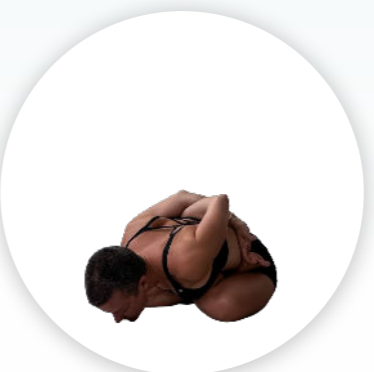
Uttāna pādāsana
Extended Foot Pose



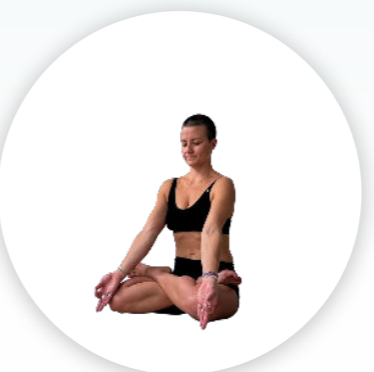
Śīrāsana A
Head Standing Pose



Śīrāsana B
Head Standing Pose



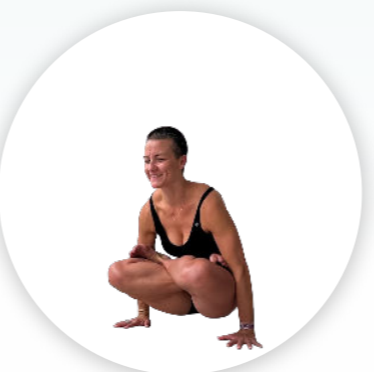
Yoga mudrā
Yoga Posture



Padmāsana
Lotus Pose



Nadi Sodhana Pranayama



Utplutih
Sprung Up



Marīcāsana A,B,C & D



David Robson

David has become well-known on social media for his educational and entertaining yes/no tutorials. Through these videos he's become one of the most recognized and respected Ashtanga Yoga teachers worldwide. Follow him on Instagram @davidrobsonyoga



Jelena Vesić

Jelena first came to yoga through dance. As a former ballet dancer of 16 years, the structure and rigour of the Ashtanga Yoga practice felt like home. Drawn to the discipline, mindfulness of the movement and emphasis on the breath, Jelena made the Ashtanga practice her own.