

# Ashtanga Yoga Surya Namaskara B





Drsti : Nāsāgre = To the nose

Samasthiti



Drsti : Aṅguṣṭhamadhye = To the middle of the thumb

Urdhvasana



Drsti : Nāsāgre = To the nose

Uttanasana-a



Drsti : Bhrūmadhye = In the middle of the eye brows

Uttanasana-b



Drsti : Nāsāgre = To the nose

Chaturanga-dandasana



Drsti : Bhrūmadhye = In the middle of the eye brows

Urdhva-mukha-shvanasana



Dr̥ṣṭi : nābīcakre = to the navel

Adho-mukha-shvanasana



Dr̥ṣṭi : Aṅgūlīhamadhya = To the middle of the thumb

virabhadrasana-a



Dr̥ṣṭi : Nāsāgre = To the nose

Chaturanga-dandasana



Dr̥ṣṭi : nābīcakre = to the navel

Adho-mukha-shvanasana



Dr̥ṣṭi : Aṅgūlīhamadhya = To the middle of the thumb, Virabhadrasana-A



Dr̥ṣṭi : Nāsāgre = To the nose

Chaturanga-dandasana



Drjstj : Bhrumadhye = In the middle of the eye brows  
Urdha-mukha-shvanasana



Drjstj : nabhikatre = To the navel  
Adho-mukha-shvanasana



Drjstj : Bhrumadhye = In the middle of the eye brows  
Uttanasana-b



Drjstj : Nāsāgre = To the nose  
Uttanasana-a



Drjstj : Alṅgūṭhamadhye = To the middle of the thumb  
Utkatasana



Drjstj : Nāsāgre = To the nose  
Samasthithi