

Nāḍi Śodhana – 2nd Series (1st Sheet)

DRṢṬĪ	Side	Foot	Nose	Nose	Nose	Nose	up	Nose	3rd eye	3rd eye	3rd eye	3rd eye	
UJJĀYĪ	in 5x ex	ex 3x in	in 5x ex	in 5x ex	in 5x ex	ex 5x	in 5x ex	ex 5x in	ex 5x	in	ex 5x	in 5x ex	
VINYĀSA	7(8)	8(15)	5	6	5	5	6(8)	9	8	8	9	8	9
	Pāśāsana	Krouncāsana	Śalabhāsana A B	Bhekāśana	Dhanurāsana	Pārsva Dhanurāsana	Uṣṭrāsana	Laghu Vajrāsana	Kapotāsana A + B				

From here the positions of 2nd Series are added just before Ūrdhva Dhanurāsana to the end of 1st Series

DRṢṬĪ	Nose	Nose	Nose	Nose	Side	Side	Nose	Foot	Nose	Nose	Nose	3rd eye	
UJJĀYĪ	in	ex 5x * ex 5x	in 5x	in ex 5x	ex 5x in	ex 5x in	in	ex 5x	in	in 5x	ex	in 5x	
VINYĀSA	8	9	9	7	7	8(14)	8(14)	7(14)	8(15)	10(17)	7	8	8
	Supta Vajrāsana	Bakāsana A B	Bharadvājāsana	Ardha Matsyendrāsana	Eka Pāda Śīrṣāsana	Dvi Pāda Śīrṣāsana A + B	Yoga-Nidrāsana						

Upon further learning, the 2nd Series is practiced separately, without the 1st Series beforehand

DRṢṬĪ	Nose	Nose	Nose	Nose	Nose	Nose	Nose	Nose	3rd eye	Nose	Nose	3rd eye	Navel	Nose
UJJĀYĪ	in 5x	ex	5x	ex 5x	in 5x ex	in	ex 5x	in	in	ex	in 5x ex	in	ex	in ex 5x
VINYĀSA	7	8	9	8	9	10	3	4	5	6	7	4		
	Tīṭṭibhāsana A B C	Pinca Mayūrāsana	Karāṇḍāvāsana	Mayūrāsana	Nakrāsana									



