

# Asana and Pranayama Syllabus

## Syllabus Level 1

Asanas	Plate No.	Source
<b>Utthishtha Sthiti — Standing Asanas</b>		
Tadasana	1	Light on Yoga
Vrksasana	2	
Utthita Trikonasana	4, 5	
Parivrtta Trikonasana	6, 7	
Utthita Parsvakonasana	8, 9	
Parivrtta Parsvakonasana	10, 11	
Virabhadrasana I	14	
Virabhadrasana II	15	
Virabhadrasana III	17	
Ardha Chandrasana	19	
Utthita Hasta Padangusthasana I with support	120, 121	Yoga: A Gem for Women
Utthita Hasta Padangusthasana II with support	122, 123	
Parsvottanasana	26	Light on Yoga
Prasarita Padottanasana I	33, 34	
Utkatasana	42	
Padangusthasana	44	
Padahasthasana	46	
Uttanasana	48	
Garudasana	56	
<b>Upavistha Sthiti — Sitting Asanas</b>		
Dandasana	77	Light on Yoga
Swastikasana	5	Light on Pranayama
Parvatasana in Swastikasana		Preliminary Course book
Gomukhasana	80	Light on Yoga
Siddhasana	84	
Virasana	89	
Parvatasana in Virasana	91	
Baddha Konasana	102	
Upavistha Konasana	151	

## P\_a\_s\_c\_h\_i\_m\_a\_P\_r\_a\_t\_a\_n\_a\_S\_t\_h\_i\_t\_i\_—\_F\_o\_r\_w\_a\_r\_d\_ \_E\_x\_t\_e\_n\_s\_i\_o\_n\_A\_s\_a\_n\_a\_s\_

Adho Mukha Virasana	92	Light on Yoga
Janu Sirsasana	127	
Trianga Mukhaikapada Paschimottanasana	139	
Marichyasana I	144	
Parsva Upavistha Konasana	152	
Paschimottanasana (Ugrasana/Brahmacharyasana )	161	
Malasana II	322	

## P\_a\_r\_i\_v\_r\_t\_t\_a\_S\_t\_h\_i\_t\_i\_—\_L\_a\_t\_e\_r\_a\_l\_E\_x\_t\_e\_n\_s\_i\_o\_n\_A\_s\_a\_n\_a\_s\_

Parighasana	39	Light on Yoga
Bharadvajasana I	297, 298	
Bharadvajasana II	299, 300	
Marichyasana III	303, 304	
Ardha Matsyendrasana I	311, 312	

## V\_i\_p\_a\_r\_i\_t\_a\_S\_t\_h\_i\_t\_i\_—\_I\_n\_v\_e\_r\_s\_i\_o\_n\_s\_

Salamba Sirsasana I (using the wall; know how to teach with ropes, when available)	184, 185, 190	Light on Yoga
Salamba Sarvangasana I	223, 224	
Halasana	244	
Parsva Halasana	249	
Karnapidasana	246	
Parsva Karnapidasana	Similar to Parsva Halasana but legs are in Karnapidasana	
Supta Konasana	247	Light on Yoga
Eka Pada Sarvangasana	250	
Parsvaika Pada Sarvangasana	251	
Chatushpadasana	102	Yoga: A Gem for Women
Setubandha Sarvangasana (with support)	98, 99	Yoga: A Gem for Women Preliminary Course

## **Udara Akunchana Sthiti — Asanas for Abdominal Contraction**

Paripurna Navasana	78	Light on Yoga
Ardha Navasana	79	
Urdhva Prasarita Padasana (90°)	279	
Supta Padangusthasana I	284	
Supta Padangusthasana II	287	

### **Purva Pratana Sthiti — Backward Extension Asanas**

Salabhasana	60	Light on Yoga
Makarasana	62	
Dhanurasana	63	
Bhujangasana I	73	
Urdhva Mukha Svanasana	74	
Ustrasana	41	
Urdhva Dhanurasana I	482	
Dwi Pada Viparita Dandasana (chair)		Intermediate Course book

### **Visranta Karaka Sthiti — Restorative Asanas**

Supta Swastikasana		Intermediate Course book
Supta Virasana (supported and not supported)	96	Light on Yoga
Supta Baddha Konasana	38, 39	Yoga: A Gem for Women
Savasana	592	Light on Yoga
Savasana (on the bolster with eyes covered, observing the normal in breath and out breath)		
Savasana (with eye band, normal in breath and deep out breath)		

### **Hasta Tolana Sthiti — Arm Balancing Asanas**

Note: It is good to be equipped with this entire section in case you are teaching youngsters. The asanas marked with an asterisk are not mandatory.

Chaturanga Dandasana	67	Light on Yoga
Adho Mukha Svanasana	75	
Pincha Mayurasana *	357	
Adho Mukha Vrksasana *	359	
Tittibhasana (from Uttanasana) *	395	

### **Pranayamas**

Ujjayi, Viloma Pranayama in supine position