

# Asana and Pranayama Syllabus

## Syllabus Level 3

All asanas and pranayama from Level 1 and Level 2 are a part of Level 3 syllabus.

<b>Asanas</b>	<b>Plate No.</b>	<b>Source</b>
Vatayanasana	58	Light on Yoga
Nakrasana	68 - 71	
Sanmukhi Mudra	105, 106	Light on Pranayama
Simhasana I	109	Light on Yoga

Simhasana II	110
Kukkutasana	115
Garbha Pindasana	116
Baddha Padmasana	118
Yoga Mudrasana	120
Krounchasana	141, 142
Marichyasana II	146
Urdhva Mukha Paschimottanasana I	168
Urdhva Mukha Paschimottanasana II	170
Urdhva Dandasana	188
Salamba Sirsasana II	192
Salamba Sirsasana III	194, 195
Parshva Urdhva Padmasana in Sirsasana	213 - 216
Niralamba Sarvangasana I	236
Niralamba Sarvangasana II	237
Eka Pada Setu Bandha Sarvangasana	260
Parshva Pindasana in Sarvangasana	270, 271
Anantasana	290
Uttana Padasana	292
Marichyasana IV	305
Malasana I	321

Pasasana	328, 329	
Ardha Matsyendrasana II	330, 331	
Ardha Matsyendrasana III	332, 333	
Astavakrasana	342, 343	
Mayurasana	354	
Adho Mukha Vrksasana (with palms back, as in Mayurasana, but apart and at a distance of one and a half feet from the wall)	359	
Supta Kurmasana	368	
Bhairavasana	375	Light on Yoga

Yoganidrasana	391	
Vasistasana	398	
Bakasana	410	
Parsva Bakasana	412	
Dwi Pada Koundinyasana	438	
Eka Pada Koundinyasana I	441	
Eka Pada Bakasana I	446, 447	
Eka Pada Bakasana II	451, 452	
Yogadandasana	456	
Mulabandhasana	462, 463	
Vamadevasana II	466	
Urdhva Dhanurasana I (from Tadasana)	483-486	
Urdhva Dhanurasana II	483 - 487	
Eka Pada Urdhva Dhanurasana	501, 502	
Kapotasana	507, 512	
Laghu Vajrasana	513	
Dwi Pada Viparita Dandasana (from Sirsasana)	516, 517 - 520	
Eka Pada Viparita Dandasana I	521	
Eka Pada Rajakapotasana I	542	

Note: Classically, as shown in LOY, some arm balancing asanas have to be attempted from Sirsasana. However, they can also be attempted from Tadasana/Uttanasana.

### **Pranayamas**

Ujjayi with Antara Kumbhaka (according to each one's individual capacity)

Bhastrika, Kapalbhati

Anuloma pranayama with retention of breath

Pratiloma pranayama with retention of breath