



Asana and Pranayama Syllabus

■ Syllabus Level 1

Asanas	Plate No.	Source
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Utthishtha Sthiti — Standing Asanas		
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	Yoga: A Gem for Women
Utthita Hasta Padangusthasana I with support	120, 121	
Utthita Hasta Padangusthasana II with support	122, 123	Light on Yoga
Parsvottanasana	26	
Prasarita Padottanasana I	33, 34	
Utkatasana	42	
Padangusthasana	44	
Padahasthasana	46	
Uttanasana	48	
Garudasana	56	

Upavistha Sthiti — Sitting Asanas		
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	

Asanas	Plate No.	Source
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Paschima Pratana Sthiti — Forward Extension Asanas		
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	

Parivrtta Sthiti — Lateral Extension Asanas		
Parighasana	39	Light on Yoga
Bharadvajasana I	297, 298	
Bharadvajasana II	299, 300	
Marichyasana III	303, 304	
Ardha Matsyendrasana I	311, 312	

Viparita Sthiti — Inversions		
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 book
Setubandha Sarvangasana (from Sarvangasana, with bent knees, feet dropping to wall or chair)		

Asanas	Plate No.	Source
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Udara Akunchana Sthiti — Asanas for Abdominal Contraction		
Paripurna Navasana	78	Light on Yoga
Ardha Navasana	79	
Urdhva Prasrita 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	Intermediate Course book
Dwi Pada Viparita Dandasana (chair)		

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

■ Syllabus Level 2

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

Asanas	Plate No.	Source
Parivritta Ardha Chandrasana	13	Art of Yoga
		Intermediate Course book
Utthita Hasta Padangusthasana I without support	23	Light on Yoga
Utthita Hasta Padangusthasana II without support		
Utthita Hasta Padangusthasana III	124	Yoga: A Gem for Women
Prasarita Padottanasana II	35, 36	Light on Yoga
Urdhva Prasarita Ekapadasana	49	
Ardha Baddha Padmottanasana	52	
Parsva Dhanurasana	64, 65	
Lolasana	83	
Paryankasana	97	
Bhekasana	100	
Padmasana	104	
Parvatasana	107	
Tolasana	108	
Matsyasana	113	
Maha Mudra	125	
Parivrtta Janu Sirsasana	132	
Parivrtta Upavista Konasana	Similar to Parivrtta Janu Sirsasana but legs in Upavista Konasana position	
Ardha Baddha Padma Paschimottanasana	135	Light on Yoga
Parivrtta Paschimottanasana	165	
Ubhaya Padangusthasana	167	
Purvottanasana	171	
Akarna Dhanurasana	173, 175	
Salamba Sirsasana I (in the middle of the room or according to the students' needs)	184, 185, 190	
Parsva Sirsasana	202, 203	
Parivrttaikapada Sirsasana	206, 207	
Eka Pada Sirsasana	208, 209	
Parsvaika Pada Sirsasana	210	
Urdhva Padmasana in Sirsasana	211	

Asanas	Plate No.	Source
Pindasana in Sirsasana	218	Light on Yoga
Salamba Sarvangasana II	235	
Setubandha Sarvangasana	259	
Urdhva Padmasana in Sarvangasana	261	
Pindasana in Sarvangasana	269	
Jathara Parivartanasana	274, 275	
Urdhva Prasarita Padasana (all plates)	276-279	
Chakrasana	280-283	
Supta Padangusthasana I	285, 286	
Supta Padangusthasana III	Legs similar to Utthita Hasta Padangusthasana III but body is in a supine position	Light on Yoga
Eka Hasta Bhujasana	344	
Dwi Hasta Bhujasana	345	
Bhujapidasana	348	
Pincha Mayurasana (against the wall, with palms facing downward, palms facing each other and palms facing upward)	357	
Adho Mukha Vrksasana (against the wall, fingers pointing towards the wall and also palms turned outward)	359	
Kurmasana	363, 364	
Eka Pada Sirsasana	371	
Tittibhasana (from Uttanasana)	395	
Urdhva Dhanurasana	479 - 482	
Dwi Pada Viparita Dandasana	516	

Pranayamas

Note: The use of a wall for support is acceptable.

Ujjayi, Viloma pranayama in sitting position

Ujjayi with a short spell of Kumbhaka

Anuloma pranayama without retention of breath

Pratiloma pranayama without retention of breath

Bhramari

Sitali

Sitkari

■ Syllabus Level 3

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

Asanas	Plate No.	Source
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	

Asanas	Plate No.	Source
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

■ Syllabus Level 4

All asanas and pranayama from Level 1, Level 2 and Level 3 are a part of Level 4 syllabus.

Asanas	Plate No.	Source
Goraksasana	117	Light on Yoga
Supta Vajrasana	124	
Baddha Hasta Sirsana	198	
Mukta Hasta Sirsasana	200, 201	
Parsva Sarvangasana	254, 255	
Parsva Urdhva Padmasana in Sarvangasana	262 - 265	
Uttana Padma Mayurasana	267	
Setu Bandhasana	296	
Paripurna Matsyendrasana	336, 339	
Padma Mayurasana	355	
Hamsasana	356	
Sayanasana	358	
Skandasana	372	
Buddhasana	373	
Kapilasana	374	
Kala Bhairavasana	378	
Chakorasana	379, 380	
Durvasasana	383	
Ruchikasana	384, 385	
Viranchyasana I	386, 387	
Viranchyasana II	388	
Dwi Pada Sirsasana	393, 394	
Tittibhasana (From Dwi Pada Sirsasana)	395	
Kasyapasana	399, 400	
Visvamisrasana	403	
Urdhva Kukkutasana	417 - 419	
Parsva Kukkutasana	424, 425	
Galavasana	427, 428	
Eka Pada Galavasana	431, 433	
Eka Pada Koundinyasana II	442, 443	
Supta Bhekasana	458	
Vamadevasana I	465	
Kandasana	470, 471	

Asanas	Plate No.	Source
Hanumanasana	475, 476	Light on Yoga
Samakonasana	477	
Supta Trivikramasana	478	
Viparita Chakrasana in Urdhva Dhanurasana	488 - 499	
Eka Pada Viparita Dandasana II	523	
Chakra Bandhasana	524	
Mandalasana	525 - 535	
Vrschikasana I	536, 537	
Vrschikasana II	538	
Valakhilyasana	544	
Eka Pada Rajakapotasana II, III, IV	545, 546, 547	
Bhujangasana II	550	
Rajakapotasana	551	
Padangustha Dhanurasana	555	
Gherandasana I	561 - 563	
Gherandasana II	564 - 566	
Kapinjalasana	567	
Sirsa Padasana	570	
Ganda Bherundasana	580, 581	
Viparita Salabhasana	584	
Tiriang Mukhottanasana	586	
Natarajasana	590, 591	

Pranayamas
Surya Bhedana
Chandra Bhedana
Nadi Sodhana