



## List of Postures - Level 1

**List of Basic Postures (level 1) recommended for the first two terms of the course.** Important asanas are in **bold face**.

1. Tadasana
  2. Gomukhasana (arms only)
  3. Utkatasana
  4. Vrksasana
  5. Utthita Trikonasana
  6. Virabhadrasana 2
  7. **Utthita Parsvakonasana**
  8. **Virabhadrasana 1**
  9. Ardha Chandrasana
  10. **Parighasana**
  11. Parsvottanasana (arms down, head up)
  12. Prasrita Padottanasana 1 (concave back, head up)
  13. Uttanasana (concave back)
  14. Padangusthasana
  15. Padahastana
  16. Adho Mukha Svanasana (support – for hands or heels)
  17. Dandasana
  18. Siddhasana
  19. Virasana
  20. Parvatasana
  21. Trianga Mukhaikapada Paschimottanasana
  22. Marichyasana 1 (twist only)
  23. Malasana 1 (a) (with or without wall support for back) – not shown at assessment
  24. Malasana 1 (b) (heels on rolled blanket) – shown at the assessment
  25. Bharadvajasana 1 (turning, without holding the upper arm)
  26. Chatushpadasana (see *Yoga a Gem for Women* pl. 102 and cf. *LOY* pl. 258)
  27. **Salamba Sarvangasana**
  28. **Halasana** (legs on stool or feet at wall, feet on floor in own practice)
  29. Karnapidasana
  30. Supta Konasana
  31. Setu Bandha Sarvangasana (on a brick/blocks)
  32. Urdhva Prasrita Padasana (90° only)
  33. Savasana (on bolster with eye band, observing the normal in breath and out breath)
- Pranayama assessed during training
34. Ujjayi (stage 1 and 2)
  35. Viloma (stage 1 and 2)

**List of Postures - Level 2**

**List of Postures to be introduced progressively over remaining training period (level 2). Important asanas are in bold face.**

1. Tadasana
2. Utthita Parsvakonasana
3. Parivrtta Trikonasana
4. Parivrtta Parsvakonasana
5. Virabhadrasana 3 (from a good Virabhadrasana 1)
6. Parivrtta Ardha Chandrasana
7. Parighasana
8. Garudasana
9. Utthita Hasta Padangusthasana 1 (with belt, leg forwards, heel support – wall or ledge)
10. Parsvottanasana **final pose** (hands in namaste if possible)
11. **Prasarita Padottanasana 1** (final pose)
12. **Uttanasana** (final pose)
13. **Salamba Sirsasana** (against a wall)/**Rope Sirsasana**
14. Supta Virasana (supported and non-supported)
15. Adho Mukha Svanasana (any appropriate support)
16. **Chaturanga Dandasana**
17. **Urdhva Mukha Svanasana**
18. Bhujangasana
19. Dhanurasana
20. Salabhasana and Makarasana
21. **Ustrasana**
22. Urdhva Dhanurasana 1 (from chair or stool)
23. Dwi Pada Viparita Dandasana (trunk supported on chair with edge of chair under shoulder blades – feet to wall, legs parallel to the floor)
24. **Bharadvajasana 1** (final pose)
25. **Bharadvajasana 2**
26. Marichyasana 3 (twist – opposite bent elbow over the bent knee)
27. Ardha Matsyendrasana I (preparatory learning to sit on the foot, wall/foot support)
28. Malasana 1 (heels down, arms gripping wall/column)
29. Baddha Konasana (sitting straight)
30. Upavistha Konasana (sitting straight)
31. Janu Sirsasana
32. Marichyasana 1 (bend forward with hands and arms entwined)
33. Paschimottanasana (Ugrasana/Brahmacharyasana)
34. Paripurna Navasana
35. Ardha Navasana
36. Salamba Sarvangasana 1(5 minutes)
37. Halasana (toes on floor, 3 minutes)
38. Eka Pada Sarvangasana
39. Parsva Pada Sarvangasana (as far as possible)
40. Parsva Halasana
41. **Setu Bandha Sarvangasana** (Uttana Mayurasana with support – i.e. lifting from the ground, hands in back, feet on wall/brick/stool, see *Yoga a Gem for Women*, pls. 97/98)
42. Supta Padangusthasana 1 and 2
43. Supta Baddha Konasana
44. Savasana (eye band, normal inhalation and deep exhalation)

Pranayama (assessed during training)

45. Ujjayi (stages 3 and 4)
46. Viloma (stage 3)