



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)