

## APPENDIX F:

### THE SYLLABUS FOR THE DIFFERENT LEVELS OF CERTIFICATION

#### Introductory Level 1 & 2

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**bold**) to see if the practice is maintained or not.

#### LEVEL 1

1. *Tadasana*
2. *Vrksasana*
3. *Utthita Trikonasana*
4. *Virabhadrasana II*
5. ***Utthita Parsvakonasana***
6. ***Virabhadrasana I***
7. *Ardha Chandrasana*
8. *Parsvottanasana* - (arms down)
9. *Prasarita Padottanasana* - (concave back LOY pl. 31)
10. ***Parighasana***
11. *Padangusthasana*
12. *Padahasthasana*
13. *Uttanasana* - (concave back)
14. *Adho Mukha Svanasana* - (with support)
15. *Utkatasana*
16. *Dandasana*
17. *Gomukhasana* - (arms only)
18. *Siddhasana*
19. *Virasana*
20. *Parvatasana* in *Svastikasana*
21. *Triang Mukhaikapada Paschimottanasana*
22. *Marichyasana I* - (twist only)

23. *Malasana* (a) Just squatting, with or without wall support for back and . . .  
 (b) with heels on a rolled blanket.  
 See LOY pl. 317

24. ***Salamba Sarvangasana I***

25. ***Halasana*** - (legs on stool)

26. *Karnapidasana*

27. *Supta Konasana*

28. *Chatushpadasana* - See LOY pl. 258 and, *Yoga: A Gem for Women* pl. 102. This *asana* is similar in form to *Setubandha Sarvangasana* with the hands holding the ankles.

29. *Setubandha Sarvangasana* - (on a brick)

30. *Urdhva Prasarita Padasana* - (90°)

31. *Bharadvajasana I* - (turning, without holding the upper arm)

32. *Savasana* - (on bolster with eye band observing the normal in breath and out breath)

*PRANAYAMA* :

33. *Ujjayi* (stage I & II)

34. *Viloma* (stage I & II)

**LEVEL 2**

1. *Garudasana*
2. *Parivrtta Trikonasana*
3. *Parivrtta Parsvakonasana*
4. *Parivrtta Ardha Chandrasana* - (See Art of Yoga pl. 13)
5. *Virabhadrasana III*
6. *Utthita Hasta Padangusthasana I* - (front leg)
7. **Adho Mukha Svanasana** - (support)
8. **Parsvottanasana I** (final)
9. **Prasarita Padottanasana I** - (final)
10. **Uttanasana** - (final)
11. **Urdhva Mukha Svanasana**
12. **Chaturanga Dandasana**
13. *Bhujangasana I*
14. *Dhanurasana*
15. *Salabhasana & Makarasana*
16. **Ustrasana**
17. *Paripurna Navasana*
18. *Ardha Navasana*
19. *Supta Virasana* - (with and without support)
20. *Baddhakonasana* - (give margin if difficult)
21. *Supta Baddhakonasana*
22. *Upavisthakonasana* - (sitting straight)
23. *Janu Sirsasana*
24. *Marichyasana I* - (Bend forward with hands entwined)
25. *Paschimottanasana* - (*Ugrasana/Brahmacharyasana*)
26. **Salamba Sirsasana** - (against a wall and rope)
27. *Salamba Sarvangasana I*
28. *Halasana* - (toes on floor)
29. *Eka Pada Sarvangasana*
30. *Parsvaika Pada Sarvangasana* - (as far as possible)
31. *Parsva Halasana*
32. **Setu Bandha Sarvangasana** - (*Uttana Mayurasana* with support i.e., feet on wall, brick or stool)
33. *Supta Padangusthasana I & II*

34. **Bharadvajasana I** - (final)
35. **Bharadvajasana II**
36. *Malasana* - (heels down, facing the wall/column to hold - see also LOY pl. 317)
37. *Marichyasana III* - (twist - opposite bent-elbow over the bent knee - See LOY pl. 301)
38. *Ardha Matsyendrasana I* - (preparatory learning to sit on the foot, wall/foot support - See LOY pl. 307-308)
39. *Urdhva Dhanurasana I* - (from chair or stool)
40. *Dwi Pada Viparita Dandasana* - (on a chair - legs parallel to the floor)
41. *Savasana* - (eye band; normal in breath and deep out breath)

**PRANAYAMA :**

42. *Ujjayi* - (stages III to IV)
43. *Viloma* - (stage III)

## Intermediate Junior Course - levels 1, 2 & 3

The list is not in sequential order as additional asanas and pranayamas are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important asanas (**in bold**) of this and previous certificates to see if the practice is maintained or not.

### LEVEL 1

1. **Utthita Parsva Hasta Padangusthasana** - (with and without support)
2. *Urdhva Prasarita Ekapadasana*
3. *Prasarita Padottanasana* II
4. *Gomukasana* - (final)
5. *Parsva Dhanurasana*
6. *Lolasana*
7. *Paryankasana*
8. **Bhekasana**
9. *Svastikasana* and *Supta Svastikasana* - (for position of legs see *LOP* pl. 5)
10. *Maha Mudra*
11. *Ardha Baddha Padma Paschimottanasana* - (both hands holding foot in front see *Yoga a Gem for Women*)
12. *Ubhaya Padangusthasana*
13. *Purvottanasana*
14. *Sirsasana* I (independent)
15. *Salamba Sarvangasana* I
16. *Salamba Sarvangasana* II
17. *Eka Pada Sarvangasana* (top leg perpendicular to the floor & *Halasana* leg straight & left and right sides of the spine parallel)
18. *Halasana* - (legs on floor)

19. *Parsva Halasana* - (legs on floor)
20. *Setubandha Sarvangasana* - (final - dropping from *Sarvangasana*)
21. *Urdhva Prasarita Padasana*
22. *Ardha Matsyendrasana* - (arms straight, hold foot in Matsyendra shape, the other arm on the back - See LOY pl. 313, 314)
23. *Jathara Parivartasana* - (with legs bent)
24. *Eka Hasta Bhujasana*
25. ***Pincha Mayurasana*** - (against wall)
26. *Adho Mukha Vrksasana* - (side palms, against wall)
27. *Urdhva Dhanurasana* - (from a chair)
28. *Dwi Pada Viparita Dandasana* - (supported - with interlock of fingers behind the head)
29. *Savasana*

#### **PRANAYAMA**

30. *Ujjayi* - (stages V to VIII)
31. *Viloma* - (stages IV and V)
32. *Bhastrika* - (3 or 4 cycles, 5 to 6 strokes at a time. Stage I followed by *Savasana*)

(Note: Better *Bhastrika* is done first before other *Pranayama* in all levels)

**LEVEL 2**

1. *Ardha Baddha Padmottanasana* - (both hands on floor)
2. *Ardha Baddha Padma Paschimottanasana* - (holding from behind with help of belt)
3. **Padmasana**
4. *Parvatasana* in *Padmasana*
5. *Tolasana*
6. **Matsyasana**
7. **Akarna Dhanurasana I** (LOY pl. 173)
8. **Parsva Sirsasana**
9. *Eka Pada Sirsasana* - (LOY 208, 209)
10. *Eka Pada Sarvangasana* - (toe touching the floor)
11. *Supta Padangustasana I, II, & III*
12. **Utthita Hasta Padangustasana** - (independent - front I & II hand holding the feet and final head to knee)
13. *Dwi Hasta Bhujasana*
14. *Adho Mukha Svanasana* - (no support)
15. **Adho Mukha Vrksasana** - (palms front)
16. *Upavisthakonasana* - (final)
17. *Malasana II* - (head down between the two legs - LOY pl. 322)
18. *Kurmasana* (stage I ) - (see LOY pl. 361 to 364, arms extended sideways)
19. *Marichyasana III* - (final)
20. *Urdhva Dhanurasana* - (from 2x bolsters)
21. *Dwi Pada Viparita Dandasana* - (legs on the floor, with bent elbows hold the front legs of the chair)
22. *Savasana*

**PRANAYAMA**

23. *Ujjayi* (stage IX and X)
24. *Viloma* (stage VI)
25. *Bhastrika* (stage II followed by *Savasana*)

**LEVEL 3**

1. *Ardha Baddha Padmottanasana* - (classical *asana*)
2. *Ardha Baddha Padma Paschimottanasana* - (classical *asana*)
3. *Parsva Upavisthakonasana* - (LOY pl. 152)
4. *Parivrtta Upavisthakonasana* - is similar to *Parivrtta Janu Sirsasana*, but the legs are in *Upavisthakonasana* position)
5. ***Parivrtta Janu Sirsasana***
6. ***Parivrtta Paschimottanasana***
7. ***Akarna Dhanurasana II*** - (See LOY pl. 175)
8. *Marichyasana II* (LOY pl. 145 - 147)
9. *Salambha Sirsasana II*
10. ***Parivrttaikapada Sirsasana***
11. *Parsvaikapada Sirsasana* - (final)
12. ***Urdhva Padmasana in Sarvangasana*** - (if possible)
13. ***Pindasana in Sarvangasana*** - (if *Padmasana* in *Sarvangasana* does not come in Intermediate Jr. 3, then at Intermediate Snr 1 it should be learnt for assessment, but in case it is still not possible then for Intermediate Snr II, it is a must.)
14. ***Setu Bandha Sarvangasana*** - (and coming up to *Sarvangasana*).
15. ***Jathara Parivartasana*** - (with legs straight, as far down as possible)
16. *Ardha Matsyendrasana I* - (arm straight and gripping the foot)
17. ***Parivrtta Utthita Hasta Padangusthasana*** - (See *Yoga: A Gem for Women*, pl. 124)
18. ***Bhujapidasana***
19. *Adho Mukha Vrksasana* - (palms back (like *Mayurasana*) with hands apart and in distance of one and a half feet from the wall)
20. *Pincha Mayurasana* - (palms downwards and then learn with palms upwards)
21. *Malasana I* - (arms around legs and back, See LOY pl. 319 & 320)



22. **Kurmasana II** - (arms extended backwards, See LOY pl. 365)
23. *Eka Pada Sirsasana* (LOY pl. 208, 209)
24. **Urdhva Dhanurasana I** - (straight from ground)
25. **Dwi Pada Viparita Dandasana** - (elbows supported, feet on 1 ft high support (ie: *viparita karani* box, *setubandha* bench that does not shake) then independently - bent knees, feet on the floor.

### **PRANAYAMA**

26. *Ujjayi* - stage XI and stage XII - (to capacity without strain)
27. *Viloma* - (stages VII and VIII)
28. *Bhastrika* I & II together followed by *Savasana*

Note: If *Padmasana* cannot be performed in Junior Intermediate Certificate tests then in Senior Intermediate Certificate level 2 tests it is a must

1. *Urdhva Padmasana* in *Sirsasana*
2. *Pindasana* in *Sirsasana*

## Intermediate Senior Course - Levels 1, 2 & 3

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

### LEVEL 1

1. *Nakrasana*
2. ***Krounchasana***
3. *Urdhva Mukha Paschimottanasana I*
4. ***Parsvaika Pada Sirsasana*** - (leg touching the floor)
5. ***Niralamba Sarvangasana I***
6. *Uttana Padasana*
7. *Jathara Parivartasana* - (final - both legs straight)
8. *Anantasana*
9. ***Malasana I*** (grip as if you are garlanding your body - *LOY* pl. 321)
10. *Ardha Matseyndrasana I* - (final)
11. *Baddha Hasta Sirsasana*
12. ***Eka Pada Sirsasana*** - (*LOY* pl. 371)
13. *Supta Kurmasana*
14. *Bhujapidasana*
15. ***Bakasana*** - (from the floor)
16. ***Parsva Bakasana*** - (from the floor)
17. *Urdhva Dhanurasana I* -(from the floor and with heels on floor)
18. *Dwi Pada Viparita Dandasana* - (final)

### **PRANAYAMA**

19. *Ujjayi* VIII & IX - (mastered)
20. *Viloma* VII & VIII
21. *Savasana*

**LEVEL 2**

1. *Simhasana* I & II
2. ***Baddha Padmasana*** - (if *Padmasana* has been achieved)
3. *Urdhva Mukha Paschimottanasana* II
4. *Urdhva Dandasana*
5. ***Urdhva Padmasana in Sirsasana***
6. ***Pindasana in Sirsasana***
7. ***Niralamba Sarvangasana*** II
8. *Eka Pada Setu Bandha Sarvangasana*
9. *Chakrasana*
10. *Pasasana*
11. *Skandasana*
12. ***Parsva Bakasana*** - (from the floor)
13. ***Eka Pada Bakasana*** II
14. *Urdhva Dhanurasana* II - (coming up from the floor, legs straight)
15. ***Dwi Pada Viparita Dandasana from Sirsasana***
16. *Eka Pada Viparita Dandasana* I

**PRANAYAMA**

17. *Ujjayi* VIII - controlled practice
18. *Viloma* IX
19. *Anuloma Pranayama*
20. *Sanmukhi Mudra*

**LEVEL 3**

1. **Vatayanasana**
2. **Baddha Padmasana** - (must be achieved)
3. **Yoga Mudrasana**
4. *Kukutasana & Garbha Pindasana*
5. *Skandasana*
6. *Simhasana* II
7. **Urdhva Kukutasana** - (attempt from *Sirsasana*, learn to place the arms and legs)
8. *Salamba Sirsasana* III
9. **Parivrttaika Pada in Sirsasana**
10. **Parsva Urdhva Padmasana in Sirsasana**
11. **Niralamba SarvaĒgasana** II
12. **Parsva Pindasana in SarvaĒgasana**
13. **Mayurasana**
14. **Astavakrasana**
15. **Tittibhasana**
16. **Urdhva Dhanurasana** II - (from *Tadasana*, see LOY pl. 483 to 486)
17. *Laghuvajrasana*
18. **Kapotasana**
19. *Ardha Matsyendrasana* II - (LOY pl. 330, 331)
20. *Marichyasana* IV
21. *Bhairavasana*
22. **Yoganidrasana**
23. *Eka Pada Raja Kapotasana* I

**PRANAYAMA**

18. *Ujjayi* VIII - (controlled practice)
19. *Viloma* VII
20. *Pratiloma Pranayama*
21. *Viloma* II in *Savasana*

### Advanced Junior Course - Level 1, 2 & 3

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

The assessors have to choose from the important *asanas* (**in bold**) of this and previous certificates to see if the practice is maintained or not.

#### LEVEL 1

1. *Sirsasana* II & III - (LOY pl. 192 & 194,195)
2. ***Mukta Hasta Sirsasana***
3. *Parsva Sarvangasana*
4. ***Setu Bandhasana***
5. *Viranchyasana* II
6. ***Bakasana*** and ***Parsva Bakasana*** from ***Sirsasana***
7. ***Vasistasana***
8. ***Visvamitrasana***
9. ***Eka Pada Bakasana*** II - (from the floor)
10. ***Eka Pada Galavasana*** - (from *Sirsasana*)
11. ***Galavasana*** - (from *Sirsasana*)
12. ***Eka Pada Koundinyasana*** I - (from *Sirsasana*)
13. *Urdhva Dhanurasana* II - (from *Tadasana* coming up with no jerks but with rhythm.
14. *Dwi Pada Viparita Dandasana* from *Sirsasana* and back to *Sirsasana*
15. ***Eka Pada Viparita Dandasana*** II - (with bent leg. Use a belt to grip the foot and lift the other leg)
16. ***Kapotasana***
17. *Eka Pada Rajakapotasana* II

#### PRANAYAMA

18. *Anuloma* IIa & II b
19. *Pratiloma* II a & II b

**LEVEL 2**

1. *Goraksasana*
2. *Viranchyasana I*
3. ***Supta Vajrasana***
4. *Parsva Urdhva Padmasana in Sarvangasana*
5. ***Ardha Matsyendrasana III*** - (See LOY pl. 332, 333)
6. ***Padma Mayurasana***
7. *Hamsasana*
8. *Eka Pada Koundinyasana II* - (from *Visvamisrasana*)
9. ***Eka Pada Bakasana II*** - (from *Sirsasana*)
10. ***Urdhva Kukkutasana*** - (from *Sirsasana*)
11. *Eka Pada Urdhva Dhanurasana*
12. ***Eka Pada Galavasana*** - (from *Sirsasana*)
13. ***Mandalasana***
14. ***Vamadevasana II***
15. ***Chakorasana***
16. ***Ruchikasana***
17. ***Hanumanasana***

**PRANAYAMA**

17. *Surya Bhedana I & IIa*
18. *Chandra Bhedana Ia & Iib* (see LOP)
19. *Nadi Sodhana Ia & Ib*

**LEVEL 3**

1. **Eka Pada Koundinyasana I & II** - (from *Sirsasana*)
2. **Dwi Pada Koundinyasana** - (from *Sirsasana*)
3. **Eka Pada Bakasana I** - (from *Sirsasana*)
4. *Mulabandhasana*
5. **Supta Bhekasana (Uttana)** (See *LOY* pl. 457, 458)
6. **Yogadandasana** - (learn to fix the arms only)
7. *Urdhva Dhanurasana* II - (drop from *Tadasana*, and straight legs)
8. **Eka Pada Viparita Dandasana II** - (*LOY* pl. 523)
9. **Chakra Bandhasana**
10. **Vrschikasana I** - (feet resting on a low stool)
11. **Eka Pada Rajakapotasana II & III**
12. *Kasyapasana*
13. **Durvasasana**

**PRANAYAMA**

14. *Surya Bhedana* (as in level II)
15. *Chandra Bhedana* (as in level II)
16. *Nadi Sodhana* (as in level II)

Note: *Pranayama* practice is an individual approach and depth is hard to measure. Touch and a right methodology has to be observed by the assessors.

## Advanced Senior Certificate - Level 1 &2

The list is not in sequential order as additional *asanas* and *pranayamas* are added to the upgrading courses. See *Light on Yoga* for sequential practice.

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### LEVEL 1

1. ***Uttana Padma Mayurasana***
2. ***Sayanasana***
3. ***Viranchyasana II***
4. *Eka Pada Sirsasana* and possible cycles with *Ruchikasana*
5. ***Kapinjalasana***
6. ***Parsva Kukkutasana***
7. *Yogadandasana* - (entwine arms)
8. ***Vamadevasana II***
9. ***Samakonasana***
10. ***Viparita Chakrasana in Urdhva Dhanurasana***
11. ***Vrschikasana I***
12. ***Eka Pada Rajakapotasana IV***
13. ***Bhujangasana II***
14. *Natarajasana*

### **PRANAYAMA**

15. *Nadi Sodhana Pranayama* II a & b, III a & b



**LEVEL 2**

1. **Buddhasana**
2. **Kapilasana**
3. **Kala Bhairavasana**
4. **Dwi Pada Sirsasana**
5. **Yogadandasana** (final)
6. *Paripurna Matsyendrasana*
7. **Kandasana**
8. **Supta Trivikramasana**
9. **Valakhilyasana**
10. **Rajakapotasana**
11. **Padangustha Dhanurasana**
12. **Sirsa Padasana**
13. **Gherandasana I & II**
14. **Ganda Bherundasana**
15. **Viparita Salabhasana**
16. **Triang Mukhottanasana**

**PRANAYAMA**

17. *Nadi Sodhana Ia & Ib, IIIa & IIIb,  
IIa & IIb, & IVa & Ivb*

*Pranayama* practice is an individual approach and depth is hard to measure, touch and right methodology has to be observed by the assessors.