

**APPENDIX E:
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 . .
 1. (b) with heels on a rolled blanket.
 2. 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
 1. breath)

PRANAYAMA

1. *Ujjayi* (stage I & II)
2. *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

1. *Brahmari*
2. *Ujjayi* - (stages III to IV)
3. *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

1. *Ujjayi* - (stages V to VIII)
2. *Viloma* - (stages IV and V)
3. *Kapalabhati*

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

1. *Brahmari*
2. *Ujjayi* (stage IX & X)

3. *Viloma* (stage VI)
 4. *Kapalabhati*
 5. *Bhastrika* - (stage I & II, 3 or 4 cycles, 5 to 6 stokes at a time followed by *Savasana*)
- (Note: Better *Bhastrika* is done first before other *Pranayama* in all levels)

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

1. *Brahmari*
2. *Ujjayi* - (stage XI & stage XII - to capacity without strain)
3. *Viloma* - (stages VII & VIII)
4. *Bhastrika* (stage III 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

1. *Brahmari*
2. *Ujjayi VIII & IX* - (mastered)

3. *Viloma* VII & VIII

4. *Bhastrika* IV

5. *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

1. *Ujjayi* VIII - controlled practice
2. *Viloma* IX
3. *Shitali* - Guruji's note: *Shitali* has a better effect than *Shitakari* – being a cooling method, it can be done in a hot climate - as stage one only, no digital exhalation. *Shitakari* – should be known but *Shitali* is effective.
4. *Anuloma Pranayama* – Ia & Ib
5. *Sanmukhi Mudra*
6. *Savasana*

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

1. *Ujjayi* VIII - (controlled practice)
2. *Viloma* VII
3. *Anuloma Pranayama* - II a & II b, III a & III b
4. *Pratiloma Pranayama* - Ia & Ib

5. *Viloma* II in *Savasana*

Advanced Junior Course - Level 1, 2 & 3

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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. *Visvamisrasana*
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

1. *Anuloma* - IVa & IV b –

Guruji's note: stages Va to VIIIb, like *Sitakari*, may be occasionally practised, say once a week or once a fortnight.

2. 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

1. *Pratiloma* - III a & III b
2. *Surya Bhedana* - I & II
3. *Chandra Bhedana* - I & II
4. *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

1. *Pratiloma* - III a & III b
2. *Surya Bhedana* – II & III (stage IV is occasionally touched i.e. 1x day in a week)
3. *Chandra Bhedana* - II & III (same as for *Surya Bhedana*)
4. *Nadi Sodhana* - IIa one day IIb the other day

Guruji's note: As *Mula Bandha* and *Uddiyana bandha* together are strenuous, do one day *Mula bandha* and the other day *Uddiyana bandha*.

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.

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

PRANAYAMA

1. *Nadi Sodhana Pranayama* - 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

1. *Nadi Sodhana* - IVa & IVb

As these are variations of *pranayama*, a teacher should keep in touch with all the stages as students may need certain guidance to react to their problems.

But for regular practise, one can keep up *Ujjayi*, *Anuloma*, *Pratiloma* and *Nadi Shodhana*. Sometimes even in a regular practitioner the nostrils, or the lungs or the spine may give way accordingly one has to adjust what *pranayama* fits that day.

Similarly, sometimes sitting for *pranayama* may not be congenial. Instead of sitting one can do *Ujjayi* or *Viloma* in a lying position.

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