

Discovery Asana Syllabus - FULL SYLLABUS -

SANSKRIT		ENGLISH
Sun Salutation		
1	Surya Namaskar 1	Sun Salutation 1
Inverted (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Balasana	Child
Standing		
1	Tadasana	Mountain
2	Parsva Tadasana	Side Mountain
3	Parsva Trikonasana	Side Triangle
4	Utthita Parsvakonasana	Extended Side Angle
5	Parivrtta Parsvakonasana	Revolved Side Angle
6	Uttanasana	Standing Forward Bend
Arm Balancings		
1	Ardha Chaturanga Dandasana	High Plank
Forward Bends		
1	Adho Mukha Svanasana	Downward Face Dog
2	Dandasana	Staff
3	Paschimottanasana 1	Western Stretch 1
4	Purvottanasana	Eastern Stretch
Sitting		
1	Sukhasana	Easy
2	Baddha Konasana	Bound Angle
3	Virasana	Hero
Abdominals		
1	Eka Pada Urdhva Prasarita Padasana	Single Leg Lifts
Twists		
1	Supta Parivrtta Merudandasana	Supine Spinal Twist

Backbends		
1	Marjariasana	Cow/Cat
2	Advadanta Bhujangasana	Sphinx
3	Ardha Bhujangasana	Half Cobra
4	Salabhasana	Locust
5	Setu Bandhasana 1	Bridge 1
Inverted (Cooling)		
1	Salabhasana Sarvangasana 1	Shoulderstand
2	Matsyasana	Fish
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 27		