

Foundation Asana Syllabus - FULL SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Squat Sequence
Sun Salutation		
1	Surya Namaskar 2	Sun Salutation 2
Inverted (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balāsana	Child
Standing		
1	Vrksāsana	Tree
2	Utthita Trikonāsana	Extended Triangle
3	Parivṛtta Trikonāsana	Revolved Triangle
4	Virabhadrasana 1	Warrior 1
5	Virabhadrasana 2	Warrior 2
6	Prasarita Padottanasana 1	Wide Leg 1
7	Prasarita Padottanasana 2	Wide Leg 2
8	Utkatasana	Fierce
9	Uttanasana	Standing Forward Bend
Arm Balancings		
1	Chaturanga Dandasana	Low Plank
2	Bakasana	Crane
Forward Bends		
1	Adho Mukha Svanasana	Downward Face Dog
2	Paschimottanasana 1	Western Stretch 1
3	Paschimottanasana 2	Western Stretch 2
4	Paschimottanasana 3	Western Stretch 3
5	Janu Sirsasana 1	Head of Knee 1
6	Janu Sirsasana 2	Head of Knee 2
7	Purvottanasana	Eastern Stretch

Sitting		
1	Adho Mukha Sukhasana	Downward Face Easy
2	Baddha Konasana	Bound Angle
3	Adho Mukha Baddha Konasana	D/ward Face Bound Angle
4	Parvatasana in Virasana	Hands Over Head Hero
5	Adho Mukha Virasana	Downward Face Hero
Abdominals		
1	Ardha Jathara Parivartanasana	Half Cross
2	Mudrasana	Crunches
Twists		
1	Ardha Matsyendrasana 1	Half Lord of the Fishes 1
2	Malasana 1	Garland 1
3	Malasana 2	Garland 2
Backbends		
1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow
Inverted (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 46		

Foundation Asana Syllabus

- DAY 1 SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Squat Sequence
Sun Salutation		
1	Surya Namaskar 2	Sun Salutation 2
Inverted (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balasana	Child
Standing		
1	Vrksasana	Tree
2	Utthita Trikonasana	Extended Triangle
3	Parivrtta Trikonasana	Revolved Triangle
4	Virabhadrasana 1	Warrior 1
5	Virabhadrasana 2	Warrior 2
Arm Balancings		
1	Chaturanga Dandasana	Low Plank
Forward Bends		
1	Adho Mukha Svanasana	Downward Face Dog
2	Paschimottanasana 1	Western Stretch 1
3	Paschimottanasana 2	Western Stretch 2
4	Paschimottanasana 3	Western Stretch 3
Sitting		
1	Adho Mukha Sukhasana	Downward Face Easy
2	Baddha Konasana	Bound Angle
3	Adho Mukha Baddha Konasana	D/ward Face Bound Angle
Abdominals		
1	Ardha Jathara Parivartanasana	Half Cross
Twists		
1	Ardha Matsyendrasana 1	Half Lord of the Fishes 1

Backbends		
1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow
Inverted (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 33		

Foundation Asana Syllabus

- DAY 2 SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Squat Sequence
Sun Salutation		
1	Surya Namaskar 2	Sun Salutation 2
Inverted (Heating)		
1	Advadanta Sirsasana 1	Dolphin 1
2	Advadanta Sirsasana 2	Dolphin 2
3	Advadanta Sirsasana 3	Dolphin 3
4	Balasana	Child
Standing		
1	Prasarita Padottanasana 1	Wide Leg 1
2	Prasarita Padottanasana 2	Wide Leg 2
3	Utkatasana	Fierce
4	Uttanasana	Standing Forward Bend
Arm Balancings		
1	Bakasana	Crane
Forward Bends		
1	Adho Mukha Svanasana	Downward Face Dog
2	Janu Sirsasana 1	Head of Knee 1
3	Janu Sirsasana 2	Head of Knee 2
4	Purvottanasana	Eastern Stretch
Sitting		
1	Parvatasana in Virasana	Hands Over Head Hero
2	Adho Mukha Virasana	Downward Face Hero
Abdominals		
1	Mudrasana	Crunches
Twists		
1	Malasana 1	Garland 1
2	Malasana 2	Garland 2

Backbends		
1	Bhujangasana	Cobra
2	Salamba Salabhasana	Supported Locust
3	Makarasana	Crocodile
4	Dhanurasana	Bow
5	Parsva Dhanurasana	Side Bow
6	Urdhva Mukha Svanasana	Upward Face Dog
7	Urdhva Dhanurasana	Upward Bow
Inverted (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Matsyasana in Sukhasana	Fish in Easy
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 32		