



# Asana Syllabus – Full

## LEVEL 7 INTERMEDIATE – FULL

Sanskrit		English
<b>Earth Salutations</b>		
1	Bhumi Namaskar	Squat Sequence

<b>Sun Salutations</b>		
1	Surya Namaskar 3	Sun Salutation 3

<b>Inverted Poses (Heating)</b>		
1	Adho Mukha Vrksasana	Handstand – Legs Together
2	Pincha Mayurasana	Peacock
3	Salamba Sirsasana 1	Headstand 1
4	Baddha Konasana in Sirsasana	Bound Angle
5	Sama Konasana in Sirsasana	Side Splits
6	Vajrasana in Sirsasana	Thunderbolt
7	Parsva Vajrasana in Sirsasana	Side Thunderbolt
8	Urdhva Dandasana	Upward Staff

<b>Standing Poses</b>		
1	Padangusthasana	Big Toe Forward Bend
2	Padahasthasana	Foot Hand Forward Bend
3	Urdhva Prasarita Ekapadasana	Upright Extended Foot
4	Ardha Chandrasana	Half Moon
5	Parivrtta Chandrasana	Revolved Half Moon
6	Utthita Parsvakonasana	Side Angle
7	Parivrtta Parsvakonasana	Revolved Side Angle
8	Virabhadrasana 3	Warrior 3
9	Parsvottanasana	Side Stretch
10	Utthita Hasta Padangusthasana 1	Standing Leg Balance 1
11	Utthita Hasta Padangusthasana 2	Standing Leg Balance 2
12	Utthita Hasta Padangusthasana 3	Standing Leg Balance 3
13	Utthita Hasta Padangusthasana 4	Standing Leg Balance 4
14	Garudasana	Eagle



# Asana Syllabus – Full

Sanskrit		English
<b>Arm Balancings</b>		
1	Vasisthasana	Side Beam
2	Astavakrasana	Crooked
3	Lolasana	Earring
4	Eka Hasta Bhujasana	Elephant Trunk

<b>Forward Bends</b>		
1	Trianga Mukhaikapada Paschimottanasana	Three Limb Stretch
2	Marichyasana 1	Marichi 1
3	Munditasana	Delightful
4	Ardha Baddha Padma Paschimottanasana	Half Lotus
5	Marichyasana 2	Marichi 2
6	Janu Sirsasana 3	Head of the Knee 3
7	Upavista Konasana	Seated Angle
8	Parsva Upavista Konasana	Side Seated Angle
9	Parivrtta Janu Sirsasana	Revolved Head of Knee

<b>Sitting Poses</b>		
1	Krounchasana	Heron
2	Akarna Dhanurasana	Archer
3	Gomukhasana	Cow
4	Siddhasana	Sage
5	Padmasana	Lotus

<b>Abdominals</b>		
1	Navasana	Boat
2	Ardha Navasana	Half Boat

<b>Twists</b>		
1	Marichyasana 3	Marichi 3
2	Bharadvajasana 2	Bharadvaja 2



# Asana Syllabus – Full

Sanskrit		English
<b>Backbends</b>		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2

<b>Inverted Poses (Cooling)</b>		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero

<b>Relaxation</b>		
1	Savasana	Corpse

**Total Asanas = 62**



# Asana Syllabus – Day 1

## LEVEL 7 INTERMEDIATE - DAY 1

Sanskrit		English
<b>Earth Salutations</b>		
1	Bhumi Namaskar	Squat Sequence

<b>Sun Salutations</b>		
1	Surya Namaskar 3	Sun Salutation 3

<b>Inverted Poses (Heating)</b>		
1	Adho Mukha Vrksasana	Handstand – Legs Together
2	Pincha Mayurasana	Peacock
3	Salamba Sirsasana 1	Headstand 1
4	Baddha Konasana in Sirsasana	Bound Angle
5	Sama Konasana in Sirsasana	Side Splits
6	Vajrasana in Sirsasana	Thunderbolt
7	Parsva Vajrasana in Sirsasana	Side Thunderbolt
8	Urdhva Dandasana	Upward Staff

<b>Standing Poses</b>		
1	Padangusthasana	Big Toe Forward Bend
2	Padahasthasana	Foot Hand Forward Bend
3	Urdhva Prasarita Ekapadasana	Upright Extended Foot
4	Ardha Chandrasana	Half Moon
5	Parivrtta Chandrasana	Revolved Half Moon
6	Utthita Parsvakonasana	Side Angle
7	Parivrtta Parsvakonasana	Revolved Side Angle

<b>Arm Balancings</b>		
1	Vasisthasana	Side Beam
2	Astavakrasana	Crooked



# Asana Syllabus – Day 1

Sanskrit		English
<b>Forward Bends</b>		
1	Trianga Mukhaikapada Paschimottanasana	Three Limb Stretch
2	Marichyasana 1	Marichi 1
3	Munditasana	Delightful
4	Ardha Baddha Padma Paschimottanasana	Half Lotus
5	Marichyasana 2	Marichi 2

<b>Sitting Poses</b>		
1	Krounchasana	Heron
2	Akarna Dhanurasana	Archer

<b>Abdominals</b>		
1	Navasana	Boat
2	Ardha Navasana	Half Boat

<b>Twists</b>		
1	Marichyasana 3	Marichi 3

<b>Backbends</b>		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2



# Asana Syllabus – Day 1

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Sanskrit		English
<b>Inverted Poses (Cooling)</b>		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero
<b>Relaxation</b>		
1	Savasana	Corpse

**Total Asanas = 45**



# Asana Syllabus – Day 2

## LEVEL 7 INTERMEDIATE – DAY 2

Sanskrit		English
<b>Earth Salutation</b>		
1	Bhumi Namaskar	Squat Sequence

<b>Sun Salutations</b>		
1	Surya Namaskar 3	Sun Salutation 3

<b>Inverted Poses (Heating)</b>		
1	Adho Mukha Vrksasana	Handstand – Legs Together
2	Pincha Mayurasana	Peacock
3	Salamba Sirsasana 1	Headstand 1
4	Baddha Konasana in Sirsasana	Bound Angle
5	Sama Konasana in Sirsasana	Side Splits
6	Vajrasana in Sirsasana	Thunderbolt
7	Parsva Vajrasana in Sirsasana	Side Thunderbolt
8	Urdhva Dandasana	Upward Staff

<b>Standing Poses</b>		
1	Virabhadrasana 3	Warrior 3
2	Parsvottanasana	Side Stretch
3	Utthita Hasta Padangusthasana 1	Standing Leg Balance 1
4	Utthita Hasta Padangusthasana 2	Standing Leg Balance 2
5	Utthita Hasta Padangusthasana 3	Standing Leg Balance 3
6	Utthita Hasta Padangusthasana 4	Standing Leg Balance 4
7	Garudasana	Eagle

<b>Arm Balancings</b>		
1	Lolasana	Earring
2	Eka Hasta Bhujasana	Elephant Trunk



# Asana Syllabus – Day 2

Sanskrit		English
<b>Forward Bends</b>		
1	Janu Sirsasana 3	Head of the Knee 3
2	Upavista Konasana	Seated Angle
3	Parsva Upavista Konasana	Side Seated Angle
4	Parivrtta Janu Sirsasana	Revolved Head of Knee
<b>Sitting Poses</b>		
1	Gomukhasana	Cow
2	Siddhasana	Sage
3	Padmasana	Lotus
<b>Abdominals</b>		
1	Navasana	Boat
2	Ardha Navasana	Half Boat
<b>Twists</b>		
1	Bharadvajasana 2	Bharadvaja 2
<b>Backbends</b>		
1	Supta Virasana	Supine Hero
2	Ustrasana	Camel
3	Bhekasana	Frog
4	Urdhva Dhanurasana	Upward Bow
5	Eka Pada Urdhva Dhanurasana	One Leg Upward Bow
6	Eka Pada Rajakapotasana	One Leg Pigeon
7	Setu Bandhasana 2	Bridge 2





# Asana Syllabus – Day 2

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Sanskrit		English
<b>Inverted Poses (Cooling)</b>		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Halasana	Plow
3	Karnapidasana	Deaf Ear
4	Supta Konasana in Sarvangasana	Supine Angle
5	Parsva Halasana in Sarvangasana	Side Plow
6	Eka Pada Sarvangasana	One Leg Shoulderstand
7	Parsvaikapada Sarvangasana	Side Leg Shoulderstand
8	Matsyasana in Virasana	Fish in Hero
<b>Relaxation</b>		
1	Savasana	Corpse

**Total Asanas = 45**