

Advanced Asana Syllabus

- FULL SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 4	Sun Salutation 4
Inverted Poses (Heating)		
1	Adho Mukha Vrksasana	Handstand
2	Sama Konasana in Adho Mukha Vrksasana	Same Angle in Handstand
3	Sayanasana	Elbow Balance
4	Salamba Sirsasana 1	Headstand 1
5	Parsva Sirsasana 1	Side Headstand
6	Parivrtta Eka Pada Sirsasana	Revolved One Leg Headstand
7	Eka Pada in Sirsasana	One Leg in Headstand
8	Parsvaikapada	Side Leg Headstand
9	Urdhva Padmasana in Sirsasana	Upward Lotus Headstand
10	Parsva Urdhva Padmasana	Side Upward Lotus Headstand
11	Pindasana in Sirsasana	Embryo in Headstand
Standing		
1	Padangusthasana	Big Toe Forward Bend
2	Padahasthasana	Foot Hand Forward Bend
3	Urdhva Prasarita Ekapadasana	Upright Extended Foot
4	Ardha Baddha Padmottanasana	Half Bound Lotus Forward Bend
5	Parighasana	Gate

Arm Balancings		
1	Visvamisrasana	Visvamitra
2	Kasyapasana	Kasyapa
3	Bhujapidasana	Arm Pressure
4	Mayurasana	Peacock
5	Padma Mayurasana	Lotus Peacock
6	Hamsasana	Swan
Forward Bends		
1	Supta Padangusthasana 1	Supine Big Toe 1
2	Supta Padangusthasana 2	Supine Big Toe 2
3	Supta Padangusthasana 3	Supine Big Toe 3
4	Supta Padangusthasana 4	Supine Big Toe 4
5	Supta Padangusthasana 5	Supine Big Toe 5
6	Supta Padangusthasana 6	Supine Big Toe 6
7	Supta Padangusthasana 7	Supine Big Toe 7
8	Supta Padangusthasana 8	Supine Big Toe 8
9	Anantasana 1	Couch 1
10	Anantasana 2	Couch 2
11	Kurmasana	Tortoise
12	Supta Kurmasana	Sleeping Tortoise
13	Tittibasana 1	Firefly 1
14	Tittibasana 2	Firefly 2
15	Tittibasana 3	Firefly 3
16	Tittibasana 4	Firefly 4
17	Eka Pada Sirsasana	One Leg Behind Head (LBH)
18	Skandasana	One LBH Forward Bend

Sitting		
1	Padmasana	Lotus
2	Baddha Padmasana	Bound Lotus
3	Yoga Mudrasana	Lotus Seal
4	Tolasana	Scales
Abdominals		
1	Jathara Parivartanasana	Cross
2	Urdhva Prasarita Padasana	Double Leg Lifts
3	Chakrasana	Wheel
Twists		
1	Marichyasana 4	Marichi 4
2	Marichyasana 5	Marichi 5
3	Marichyasana 6	Marichi 6
4	Pasasana	Noose
5	Ardha Matsyendrasana 2	Half Lord of the Fishes 2
Backbends		
1	Supta Bhekasana	Supine Frog
2	Urdhva Dhanurasana from Adho Mukha Vrksasana	Upward Bow from Handstand
3	Urdhva Dhanurasana from Tadasana	Upward Bow from Mountain
4	Dwi Pada Viparita Dandasana	Two Legs Inverted Staff
5	Eka Pada Viparita Dandasana 1	One Leg Inverted Staff 1
6	Mandalasana 1	Round the World 1
7	Eka Pada Rajakapotasana 2	One Leg Pigeon 2
8	Eka Pada Rajakapotasana 3	One Leg Pigeon 3
9	Laghu Vajrasana	Little Thunderbolt
10	Kapotasana	Pigeon
11	Vrschikasana 1	Scorpion 1

Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Parsva Sarvangasana 1	Side Shoulderstand
3	Setu Bandha Sarvangasana	Bridge in Shoulderstand
4	Eka Pada Setu Bandha Sarvangasana	One Leg Bridge in Shoulderstand
5	Urdhva Padmasana	Upward Lotus
6	Parsva Urdhva Padmasana in Sarvangasana	Side Upward Lotus
7	Pindasana in Sarvangasana	Embryo in Shoulderstand
8	Parsva Pindasana in Sarvangasana	Side Embryo in Shoulderstand
9	Matsyasana in Padmasana	Fish in Lotus
10	Uttana Padasana	Backbend Double Leg Lift
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 76		

Advanced Asana Syllabus

- DAY 1 SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 4	Sun Salutation 4
Inverted Poses (Heating)		
1	Adho Mukha Vrksasana	Handstand
2	Sama Konasana in Adho Mukha Vrksasana	Same Angle in Handstand
3	Sayanasana	Elbow Balance
4	Salamba Sirsasana 1	Headstand 1
Standing		
1	Padangusthasana	Big Toe Forward Bend
2	Padahasthasana	Foot Hand Forward Bend
3	Urdhva Prasarita Ekapadasana	Upright Extended Foot
Arm Balancings		
1	Visvamitrasana	Visvamitra
2	Kasyapasana	Kasyapa
3	Bhujapidasana	Arm Pressure
Forward Bends		
1	Supta Padangusthasana 1	Supine Big Toe 1
2	Supta Padangusthasana 2	Supine Big Toe 2
3	Supta Padangusthasana 3	Supine Big Toe 3
4	Supta Padangusthasana 4	Supine Big Toe 4
5	Supta Padangusthasana 5	Supine Big Toe 5
6	Supta Padangusthasana 6	Supine Big Toe 6
7	Supta Padangusthasana 7	Supine Big Toe 7
8	Supta Padangusthasana 8	Supine Big Toe 8

9	Eka Pada Sirsasana	One Leg Behind Head (LBH)
10	Skandasana	One LBH Forward Bend
Sitting		
1	Padmasana	Lotus
2	Tolasana	Scales
Abdominals		
1	Jathara Parivartanasana	Cross
2	Urdhva Prasarita Padasana	Double Leg Lifts
3	Chakrasana	Wheel
Twists		
1	Marichyasana 4	Marichi 4
2	Marichyasana 5	Marichi 5
3	Marichyasana 6	Marichi 6
Backbends		
1	Supta Bhekasana	Supine Frog
2	Urdhva Dhanurasana from Adho Mukha Vrksasana	Upward Bow from Handstand
3	Urdhva Dhanurasana from Tadasana	Upward Bow from Mountain
4	Dwi Pada Viparita Dandasana	Two Legs Inverted Staff
5	Eka Pada Viparita Dandasana 1	One Leg Inverted Staff 1
6	Mandalasana 1	Round the World 1
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Parsva Sarvangasana 1	Side Shoulderstand
3	Setu Bandha Sarvangasana	Bridge in Shoulderstand
4	Eka Pada Setu Bandha Sarvangasana	One Leg Bridge in Shoulderstand
5	Urdhva Padmasana	Upward Lotus
6	Parsva Urdhva Padmasana in Sarvangasana	Side Upward Lotus
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 43		

Advanced Asana Syllabus

- DAY 2 SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 4	Sun Salutation 4
Inverted Poses (Heating)		
1	Salamba Sirsasana 1	Headstand 1
2	Parsva Sirsasana 1	Side Headstand
3	Parivrtta Eka Pada Sirsasana	Revolved One Leg Headstand
4	Eka Pada in Sirsasana	One Leg in Headstand
5	Parsvaikapada	Side Leg Headstand
6	Urdhva Padmasana in Sirsasana	Upward Lotus Headstand
7	Parsva Urdhva Padmasana	Side Upward Lotus Headstand
8	Pindasana in Sirsasana	Embryo in Headstand
Standing		
1	Ardha Baddha Padmottanasana	Half Bound Lotus Forward Bend
2	Parighasana	Gate
Arm Balancings		
1	Mayurasana	Peacock
2	Padma Mayurasana	Lotus Peacock
3	Hamsasana	Swan
Forward Bends		
1	Anantasana 1	Couch 1
2	Anantasana 2	Couch 2
3	Kurmasana	Tortoise
4	Supta Kurmasana	Sleeping Tortoise
5	Tittibasana 1	Firefly 1

6	Tittibasana 2	Firefly 2
7	Tittibasana 3	Firefly 3
8	Tittibasana 4	Firefly 4
Sitting		
1	Baddha Padmasana	Bound Lotus
2	Yoga Mudrasana	Lotus Seal
Abdominals		
1	Jathara Parivartanasana	Cross
2	Urdhva Prasarita Padasana	Double Leg Lifts
3	Chakrasana	Wheel
Twists		
1	Pasasana	Noose
2	Ardha Matsyendrasana 2	Half Lord of the Fishes 2
Backbends		
1	Eka Pada Rajakapotasana 2	One Leg Pigeon 2
2	Eka Pada Rajakapotasana 3	One Leg Pigeon 3
3	Laghu Vajrasana	Little Thunderbolt
4	Kapotasana	Pigeon
5	Vrschikasana 1	Scorpion 1
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Urdhva Padmasana	Upward Lotus
3	Parsva Urdhva Padmasana in Sarvangasana	Side Upward Lotus
4	Pindasana in Sarvangasana	Embryo in Shoulderstand
5	Parsva Pindasana in Sarvangasana	Side Embryo in Shoulderstand
6	Matsyasana in Padmasana	Fish in Lotus
7	Uttana Padasana	Backbend Double Leg Lift
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 43		

