

Master Asana Syllabus - FULL SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 5	Sun Salutation 5
Inverted Poses (Heating)		
1	Padmasana in Adho Mukha Vrksasana	Lotus in Handstand
2	Padmasana in Pinch Mayurasana	Lotus in Peacock
3	Kurandavasana	Lotus Dreaming
4	Sayanasana	Elbow Balance
5	Salamba Sirsasana 2	Headstand 2
6	Salamba Sirsasana 3	Headstand 3
7	Baddha Hasta Sirsasana	Bound Hand Headstand
8	Mukta Hasta Sirsasana 1	Free Hand Headstand 1
9	Mukta Hasta Sirsasana 2	Free Hand Headstand 1
Standing		
1	Ardha Baddha Padmottanasana	Half Bound Lotus
2	Trivikramasana	Standing Three Stride
3	Parivrtta Parsvottanasana 1	Revolved Side Stretch 1
4	Parivrtta Parsvottanasana 2	Revolved Side Stretch 2
5	Vatayanasana	Horse
Arm Balancings		
1	Visvamisrasana	Visvamitra
2	Kasyapasana	Kasyapa
3	Parsva Bakasana	Side Crane
4	Urdhva Kukkutasana	Upward Rooster

5	Parsva Kukkutasana	Side Rooster
6	Dwi Pada Koundinyasana 1	Two Leg Koundinya 1
7	Eka Pada Koundinyasana 1	One Leg Koundinya 1
8	Eka Pada Bakasana 1	One Leg Crane 1
9	Eka Pada Bakasana 2	One Leg Crane 2
10	Eka Pada Koundinyasana 2	One Leg Koundinya 2
11	Galavasana	Galava
12	Eka Pada Galavasana	One Leg Galava
<i>Finishing each asana (3-12 above) with Viparita Chakrasana</i>		
Forward Bends		
1	Hanumanasana	Forward Splits
2	Supta Trivikramasana	Supine Three Stride
3	Bhairavasana	Formidable
4	Kala Bhairavasana	Terrible
5	Chakorasana	Partridge
6	Durvasana	Durvasa
7	Ruchikasana	Ruchika
8	Parsva Dandasana	Side Staff
9	Buddhasana	Enlightened
10	Kapilasana	Kapila
11	Dwi Pada Sirsasana	Two Leg Behind Head
12	Yoganidrasana	Yoga Sleep
Sitting		
1	Simhasana	Lion 2
2	Garba Pindasana 1	Embryo in Womb 1
3	Garba Pindasana 2	Embryo in Womb 2
4	Kukkutasana	Rooster
5	Gorakasana	Cow Herder
6	Supta Vajrasana	Supine Thunderbolt

7	Yogadandasana	Staff of a Yogi
8	Vamadevasana 1	Vamadeva 1
9	Vamadevasana 2	Vamadeva 2
10	Mulabandhasana	Root Band
11	Kandasana	Knot
12	Samakonasana	Side Splits
Abdominals		
1	Navasana/Ardha Mukha Vrksasana	Boat to Handstand & back to Boat
Twists		
1	Marichyasana 7	Marichi 7
2	Marichyasana 8	Marichi 8
3	Ardha Matsyendrasana 3	Half Lord of the Fishes 3
4	Paripurna Matsyendrasana	Complete Lord of the Fishes
Backbends		
1	Viparita Chakrasana	Tic Tacs
2	Mandalasana 2	Round the World (Handstand)
3	Eka Pada Rajakapotasana 4	One Leg Pigeon 4
4	Padangustha Dhanurasana	Drawn Bow
5	Ganda Bherundasana	Terrible Bird
6	Viparita Salabhasana	Inverted Locust
7	Vrschikasana 2	Scorpion 2
8	Chakra Bandhasana	Wheel Bond
9	Eka Pada Viparita Dandasana 2	One Leg Inverted Staff 2
10	Natarajsana	King Dancer
11	Triang Mukhottanasana	Inverted Intense Stretch
Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Salamba Sarvangasana 2	Shoulderstand 2
3	Niralamba Sarvangasana 1	Without Support Shoulderstand 1

4	Niralamba Sarvangasana 2	Without Support Shoulderstand 2
5	Uttana Padma Mayurasana	Intense Lotus Peacock
6	Matsyasana in Padmasana	Fish in Lotus
7	Uttana Padasana	Backbend Double Leg Lift
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 76		

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SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 5	Sun Salutation 5
Inverted Poses (Heating)		
1	Padmasana in Adho Mukha Vrksasana	Lotus in Handstand
2	Padmasana in Pinch Mayurasana	Lotus in Peacock
3	Kurandavasana	Lotus Dreaming
4	Sayanasana	Elbow Balance
Standing		
1	Ardha Baddha Padmottanasana	Half Bound Lotus
2	Trivikramasana	Standing Three Stride
Arm Balancings		
1	Visvamisrasana	Visvamitra
2	Kasyapasana	Kasyapa
3	Parsva Bakasana	Side Crane
4	Urdhva Kukkutasana	Upward Rooster
5	Parsva Kukkutasana	Side Rooster
6	Dwi Pada Koundinyasana 1	Two Leg Koundinya 1
7	Eka Pada Koundinyasana 2	One Pada Koundinyasana 2
<i>Finishing each asana (3-7 above) with Viparita Chakrasana</i>		

Forward Bends		
1	Hanumanasana	Forward Splits
2	Supta Trivikramasana	Supine Three Stride
3	Dwi Pada Sirsasana	Two Leg Behind Head
4	Yoganidrasana	Yoga Sleep
Sitting		
1	Simhasana	Lion 2
2	Garba Pindasana 1	Embryo in Womb 1
3	Garba Pindasana 2	Embryo in Womb 2
4	Kukkutasana	Rooster
5	Gorakasana	Cow Herder
6	Supta Vajrasana	Supine Thunderbolt
Abdominals		
1	Navasana/Ardha Mukha Vrksasana	Boat to Handstand & back to Boat
Twists		
1	Marichyasana 7	Marichi 7
2	Marichyasana 8	Marichi 8
Backbends		
1	Viparita Chakrasana	Tic Tacs
2	Mandalasana 2	Round the World (Handstand)
3	Eka Pada Rajakapotasana 4	One Leg Pigeon 4
4	Padangustha Dhanurasana	Drawn Bow
5	Ganda Bherundasana	Terrible Bird
6	Viparita Salabhasana	Inverted Locust

Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Salamba Sarvangasana 2	Shoulderstand 2
3	Niralamba Sarvangasana 1	Without Support Shoulderstand 1
4	Niralamba Sarvangasana 2	Without Support Shoulderstand 2
5	Uttana Padma Mayurasana	Intense Lotus Peacock
6	Matsyasana in Padmasana	Fish in Lotus
7	Uttana Padasana	Backbend Double Leg Lift
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 42		

Master Asana Syllabus

- DAY 2 SYLLABUS -

SANSKRIT		ENGLISH
Earth Salutation		
1	Bhumi Namaskar	Earth Salutation
Sun Salutation		
1	Surya Namaskar 5	Sun Salutation 5
Inverted Poses (Heating)		
1	Salamba Sirsasana 2	Headstand 2
2	Salamba Sirsasana 3	Headstand 3
3	Baddha Hasta Sirsasana	Bound Hand Headstand
4	Mukta Hasta Sirsasana 1	Free Hand Headstand 1
5	Mukta Hasta Sirsasana 2	Free Hand Headstand 1
Standing		
1	Parivrtta Parsvottanasana 1	Revolved Side Stretch 1
2	Parivrtta Parsvottanasana 2	Revolved Side Stretch 2
3	Vatayanasana	Horse
Arm Balancings		
1	Eka Pada Bakasana 1	One Leg Crane 1
2	Eka Pada Bakasana 2	One Leg Crane 2
3	Eka Pada Koundinyasana 2	One Pada Koundinyasana 2
4	Galavasana	Galava
5	Eka Pada Galavasana	One Leg Galava
<i>Finishing each asana (1-5 above) with Viparita Chakrasana</i>		

Forward Bends		
1	Bhairavasana	Formidable
2	Kala Bhairavasana	Terrible
3	Chakorasana	Partridge
4	Durvasana	Durvasa
5	Ruchikasana	Ruchika
6	Parsva Dandasana	Side Staff
7	Buddhasana	Enlightened
8	Kapilasana	Kapila
Sitting		
1	Yogadandasana	Staff of a Yogi
2	Vamadevasana 1	Vamadeva 1
3	Vamadevasana 2	Vamadeva 2
4	Mulabandhasana	Root Band
5	Kandasana	Knot
6	Samakonasana	Side Splits
Abdominals		
1	Navasana/Ardha Mukha Vrksasana	Boat to Handstand & back to Boat
Twists		
1	Ardha Matsyendrasana 3	Half Lord of the Fishes 3
2	Paripurna Matsyendrasana	Complete Lord of the Fishes
Backbends		
1	Vrschikasana 2	Scorpion 2
2	Chakra Bandhasana	Wheel Bond
3	Eka Pada Viparita Dandasana 2	One Leg Inverted Staff 2
4	Natarajsana	King Dancer
5	Triang Mukhottanasana	Inverted Intense Stretch

Inverted Poses (Cooling)		
1	Salamba Sarvangasana 1	Shoulderstand 1
2	Salamba Sarvangasana 2	Shoulderstand 2
3	Niralamba Sarvangasana 1	Without Support Shoulderstand 1
4	Niralamba Sarvangasana 2	Without Support Shoulderstand 2
5	Uttana Padma Mayurasana	Intense Lotus Peacock
6	Matsyasana in Padmasana	Fish in Lotus
7	Uttana Padasana	Backbend Double Leg Lift
Relaxation		
1	Savasana	Corpse
TOTAL ASANA 45		