

Syllabus for Advanced Junior I

(Includes responsibility for previous syllabi.)

Questions on the Written Exam will be drawn from the materials in your reading List.

Reading and required knowledge

Candidates will be supplied with this information upon acceptance of their application for assessment.

Other important asanas from previous levels

1. Utthita Hasta Padangustasana I, II, III
2. Virabhadrasana III
3. Parivrtta Trikonasana
4. Parivrtta Parsvakonasana
5. Parsvottanasana
6. Upavista Konasana
7. Marichyasana III
8. Ardha Matsyendrasana
9. Pasasana
10. Sirsasana Cycle
11. Sarvangasana Cycle
12. Urdhva Dhanurasana
13. Dwi Pada Viparita Dandasana (on chair)
14. Eka Pada Viparita Dandasana (on chair)
15. Kapotasana
16. Krounchasana
17. All balancing asana from Intermediate Senior syllabus
18. Eka Pada Sirsasana
19. Yoganidrasana
20. Kurmasana in all three stages

Asanas for the Advanced Junior I

Candidates may be asked to demonstrate asanas from previous syllabi, Asana in bold face are especially likely to be tested at any higher assessment level.

1. Sirsasana II and III (see *Light on Yoga*, plates 192, 194 and 195)
2. **Mukta Hasta Sirsasana**
3. Parsva Sarvangasana
4. **Setu Bandhasana**
5. Viranchyasana II
6. **Bakasana and Parsva Bakasana from Sirsasana**
7. **Vasisthasana**
8. **Visvamisrasana**
9. **Eka Pada Galavasana (from Sirsasana)**
10. **Galavasana (from Sirsasana)**
11. **Eka Pada Koundinyasana I (from Sirsasana)**
12. **Vamadevasana I**
13. Urdhva Dhanurasana (from Tadasana; coming up with no jerks but with rhythm)
14. Dwi Pada Viparita Dandasana from Sirsasana and back to Sirsasana
15. **Eka Pada Viparita Dandasana II** (with bent leg using a belt to grip foot and lift the other leg)
16. **Kapotasana**
17. Eka Pada Rajakapotasana II

Pranayamas for Advanced Junior I (Refer to Light on Pranayama)

1. Anuloma Pranayama IVA and IVB (stages VA to VIIIIB, like Sitakari, may be practised, once a week or once a fortnight)
2. Pratiloma Pranayama IIA, IIB