

Syllabus for Advanced Junior III

(Includes responsibility for previous syllabi.)

Reading and required knowledge

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

Asanas for the Advanced Junior III

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. **Eka Pada Koundinyasana I and II (from Sirsasana)**
2. **Dwi Pada Koundinyasana (from Sirsasana)**
3. **Eka Pada Bakasana I (from Sirsasana)**
4. Mulabandhasana
5. **Supta Bhekasana** (Uttana) (See *Light on Yoga*, plates 457 and 458)
6. **Yogadandasana** (fixing arms only)
7. Urdhva Dhanurasana II (dropping from standing; straight legs)
8. **Eka Pada Viparita Dandasana II** (see *Light on yoga*, plate 523)
9. **Chakra Bandhasana**
10. **Vrschikasana I** (feet resting on a low stool)
11. **Eka Pada Rajakapotasana II and III**
12. Kasyapasana
13. **Durvasasana**

Pranayamas for Advanced Junior III (Refer to *Light on Pranayama*)

1. Pratiloma Pranayama IIIA, IIIB
 2. Surya Bhedana II and III (stage IV is occasionally touched, i.e. one day a week)
 3. Chandra Bhedana II and III (same as for Surya Bhedana)
 4. Nadi Sodhana IIA one day; and IIB the other day
- BKS Iyengar's note: As Mula Mandha and Uddiyana bandha together are strenuous, do one day Mula bandha and the other day Uddiyana bandha.)