

## **Syllabus for Advanced Senior II**

(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 Senior II**

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. **Buddhasana**
2. **Kapilasana**
3. **Kala Bhairavasana**
4. **Dwi Pada Sirsasana**
5. **Yogadandasana (classic asana)**
6. Paripurna Matsyendrasana
7. **Kandasana**
8. **Supta Trivikramasana**
9. **Valakhilyasana**
10. **Rajakapotasana**
11. **Padangustha Dhaurasana**
12. **Sirsa Padasana**
13. **Gherandasana I and II**
14. **Ganda Bherundasana**
15. **Viparita Salabhasana**
16. **Triang Mukhottanasana**

### **Pranayamas for Advanced Senior I** (Refer to *Light on Pranayama*)

Nadi Sodhana IVA and IVB