

Syllabus for Intermediate Junior II

Includes responsibility for all previous syllabi Questions on the Written Exam will be drawn from the material in your reading list.

Reading

1. Books I (Samadhi Pada) and II (Sadhana Pada) and III.1 –13 of Vibhuti Pada in *Light on The Yoga Sutras of Patanjali*
2. Chapters 1 and 6 of the *Bhagavad-Gita*
3. The *Hatha Yoga Pradipika* (Candidates at this level of certification should begin to be familiar with this text. See Chapter 7 in *Basic Guidelines for Teacher of Yoga* for the focus of study)
4. What is written about every asana and its stages and pranayama on this and the previous syllabi in *Yoga in Action, Preliminary Course* and *Yoga in Action: An Intermediate Course*.
5. What is written about every asana and its stages and pranayama on this and the previous syllabi in *Light on Yoga*.
6. What is written about every asana and pranayama on this and the previous syllabi in *Yoga, a Gem for Women*
7. What is written about every asana and pranayama on this and the previous syllabi in *Light on Pranayama*.
8. Section IX 'Asanas and Pranayama: Pregnancy' in *Yoga, A Gem for Women*,
9. *Basic Guidelines for Teachers of Yoga* (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar Read the entire book but concentrate on Chapter II pp. 24-28; all of Chapter VI, especially pp. 72, 75, 81, 91-3; Chapter VII; and Chapter VIII pp.117-118
10. *Light on Pranayama Part II Dhyana*
11. *Yoga, a Gem for Women* Ch XVI Dhyana
12. Any basic anatomy book

Required Knowledge

1. Required knowledge on previous syllabi.
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. How to design a sequence for an inversion practice with variations.
4. How to design a sequence for developing Padmasana.
5. How to design a sequence for developing arm balances.
6. How to work with healthy pregnant women.
7. How to link actions within an asana and how to link from asana to asana.
8. How to modify asanas, within the context of a class, for a student with a knee problem, low back problem, or one who is menstruating.
9. Specific information on the nervous system given on pp. 117-118 in *Basic Guidelines for Teachers of Yoga*.
10. Overview of knowledge from your reading of the Yoga Sutras. Be able to give a short summary of the ideas presented in each of the padas listed in your reading.
11. The Sanskrit name and definition of the five states of citta (e.g. Mudha).
12. The Sanskrit name and definition of five modifications (pancavritti) of citta (e.g. pramana vikalpa).
13. The Sanskrit name and definition of the obstacles (antarayas) (e.g. laziness, doubt).
14. Overview of knowledge from your reading of Bhagavad Gita. Be able to give a short summary of the ideas presented in your reading.
15. Overview of knowledge from your reading of *Hatha Yoga Pradipika*. Be able to give a short summary of the ideas presented in your reading.
16. List in English the 25 components of a human being as given by Samkhya Philosophy (refer to p105-6 in *Basic Guidelines for Teachers of Yoga*).

Asanas for Intermediate Junior II

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

1. Ardha Baddha Padmottanasana (both hands on floor)
2. Ardha Baddha Padma Paschimottanasana (holding from behind, with help of belt)
3. **Padmasana**
4. **Parvatasana in Padmasana**
5. Tolasana
6. **Matsyasana**
7. **Akarna Dhanurasana I** (see *Light on Yoga*, plate 173)
8. **Parsva Sirsasana**
9. Eka Pada Sirsasana (see *Light on Yoga*, plates 208-209)
10. Eka Pada Sarvangasana (toe touching the floor)
11. Supta Padangusthasana I, II, and III (first stage, bent knee and lateral stages (see *Light on Yoga* plates 285-287)
12. Parivrtta Supta Padangusthasana.
13. **Uthita Hasta Padangusthasana** (without support; to the front, hands holding foot; then classic asana head to knee)
14. Dwi Hasta Bhujasana
15. Adho Mukha Svanasana (without support)
16. **Adho Mukha Vrksasana** (palms forward)
17. Upavistha Konasana (classic asana)
18. Malasana II (head down between the two legs; see *Light on Yoga*, plate 322)
19. Kurmasana (stage 1, arms extended sideways; see *Light on Yoga*, plates 361-364)
20. Marichyasana III (classic asana)
21. Urdhva Dhanurasana (from two bolsters)
22. Dwi Pada Viparita Dandasana (supported on chair; feet on floor, with bent elbows holding the front legs of the chair; legs bent or straight)
23. Savasana

Pranayamas for Intermediate Junior II (Refer to Light on Pranayama)

1. Ujjay IX and X
2. Viloma VI
3. Bhramari IIIA and IIIB
4. Kapalabhati II
5. Bhastrika I and II, 3 or 4 cycles, 5 to 6 stokes at a time followed by Savasana. If the sound of the stoke changes in the 3rd or 4th rounds, wait for a while and then do the 3rd or 4th rounds.

Note: Better Bhastrika is done first before other Pranayama in all levels.