

Syllabus for Intermediate Junior III

Includes responsibility for all previous syllabi

Questions on the Written Exam will be drawn primarily from the material in your reading list.

Reading

1. Chapters 1 through 6 of the *Bhagavad-Gita*.
2. The *Hatha Yoga Pradipika*.
3. Book III (Vibhuti Pada) in *Light on The Yoga Sutras of Patanjali*.
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 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. *Basic Guidelines for Teachers of Yoga* (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar Read the entire book. Concentrate on Chapters VI and VII.

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 bring the teachings of Patanjali into the teaching of asana and pranayama.
4. How to show and correct an action on a student in a class.
6. Overview of knowledge from your reading of *Bhagavad Gita*.
7. Overview of knowledge from your reading of *Hatha Yoga Pradipika*.
8. The material in Chapter VI of the *Guidelines* especially pp. 82-93.
9. General knowledge of the vibhutis.

Asanas for Intermediate Junior III

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

1. Ardha Baddha Padmottanasana (classic asana)*
2. Ardha Baddha Padma Paschimottanasana (classic asana)
3. Parsva Upavistha Konasana (see *Light on Yoga*, plate 152)
4. Parivritta Upavistha Konasana (similar to Parivritta Janu Sirsasana, but the legs are in Upavistha Konasana position)
5. **Parivritta Janu Sirsasana**
6. **Parivritta Paschimottanasana**
7. **Akarna Dhanurasana II** (see *Light on Yoga*, plate 175)
8. Marichyasana II (see *Light on Yoga*, plates 145-147)
9. Salamba Sirsasana II
10. **Parivrittaikapada Sirsasana**
11. Parsvaikapada Sirsasana (classic asana)
12. **Urdhva Padmasana in Sarvangasana** (insofar as possible)
13. **Pindasana in Sarvangasana** (If Padmasana in Sarvangasana does not come in Intermediate Junior III, then it should be learned for assessment at Intermediate Senior I, or Intermediate Senior II at the latest.)*
14. **Setu Bandha Sarvangasana** (coming up to Sarvangasana)
15. **Jathara Parivartanasana** (with legs straight, as far down as possible)
16. Ardha Matsyendrasana I (arm straight and gripping the foot)
17. **Parivritta Utthita Hasta Padangusthasana** (see *Yoga a Gem for Women*, plate 124)
18. **Bhujapidasana**
19. Adho Mukha Vrksasana (with palms back, as in Mayurasana, but apart and at a distance of one and a half feet from the wall)
20. Pincha Mayurasana (with palms downwards; then with palms upwards insofar as possible)
21. Malasana I (arms around legs and back; see *Light on Yoga*, plates 319 and 320)
22. **Kurmasana II** (arms extended backwards; see *Light on Yoga*, plate 365)
23. Eka Pada Sirsasana (see *Light on Yoga*, plates 369-371)
24. **Urdhva Dhanurasana I** (straight from ground)
25. **Dwi Pada Viparita Dandasana** (without chair)
 - 1st time, with elbows supported against wall, with feet on a one-foot high support (e.g., a Viparita Karani box or a Setubandha bench that does not shake)
 - 2nd time, away from wall with feet on the floor, bent knees)

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

1. Ujjayi XI and XII (to capacity without strain)
2. Viloma VII & VIII
3. Bhramari IVA and IVB
4. Kapalabhati III
5. Bhastrika III followed by Savasana

*Note: If Padmasana cannot be performed in Intermediate Junior assessments, then the following two asanas must be performed in the Intermediate Senior II assessment: Urdhva Padmasana in Sirsasana and Pindasana in Sirsasana