

## Syllabus for Intermediate Senior I

(Includes responsibility for previous syllabi.)

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

### Reading

Book IV (Kaivalya Pada) in *Light on Yoga Sutras of Patanjali*  
Candidates should review reading from previous syllabi

### Other important asanas for the Intermediate Junior levels

Assessors may ask for demonstration or teaching of these asanas to see whether candidates have progressed.

1. Utthita Parsva Hasta Padangusthasana II and III
2. Bhekasana
3. Padmasana
4. Matsyasana
5. Parivritta Janu Sirsasana
6. Parivritta Paschimottanasana
7. Akrana Dhanurasana
8. Parsva Sirsasana
9. Parivrttaikapada Sirsasana
10. Setu Bandha Sarvangasana
11. Urdhva Padmasana and Pindasana in Sarvangasana
12. Jathara Parivartanasana
13. Adho Mukha Vrksasana
14. Pincha Maryurasana
15. Bhujapidasana
16. Kurmasana
17. Urdhva Dhanurasana
18. Dwi Pada Viparita Dhandasana

### Asanas for the Intermediate Senior 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. Nakrasana
2. Krouchasana
3. Urdhva Mukha Paschimottanasana I
4. Parsvaika Pada Sirsasana (foot touching the floor)
5. Nirlamba Sarvangasana I
6. Uttana Padasana
7. Jathara parivartanasana (classic asana, both leg straight)
8. Anantasana
9. Malasana (grip as if garlanding the body; see *Light on Yoga*, plate 321)
10. Ardha Matsyendrasana (classic asana)
11. Eka Pada Sirsasana (see *Light on Yoga*, plate 371)
12. Supta Kurmasana
13. Bhujapidasana
14. Bakasana (from the floor)
15. Parsva Bakasana (from the floor)
16. Urdhva Dhanurasana I (rising from the floor and with heels on floor)
17. Dwi Pada Viparita Dandasana (classic asana)

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

1. Ujjayi VIII & IX (mastered)
2. Viloma VII & VIII
3. Bhramari (consolidate)
4. Bhastrika IV
5. Kapalabhati IV
6. Savasana