

## Syllabus for Intermediate Senior II

(Includes responsibility for previous syllabi.)

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

### Reading and required knowledge

Candidates should review reading from earlier syllabi.

### Asanas for the Intermediate 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. Simhasana I and II
2. Baddha Padmasana (if Padmasana has been achieved)
3. Urdhva Mukha Paschimottanasana II
4. Urdhva Dandasana
5. **Urdhva Padmasana in Sirsasana**
6. **Pindasana in Sirsasana**
7. **Nirlamba Sarvangasana II**
8. Eka Pada Setu Bandha Sarvangasana
9. Chakrasana
10. Pasasana
11. Skandasana
12. **Parsva Bakasana** (from the floor)
13. **Eka Pada Bakasana II**
14. Urdhva Dhanurasana II (going up from the floor, legs straight)
15. **Dwi Pada Viparita Dandasana from Sirsasana**
16. Eka Pada Viparita Dandasana I

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

1. Ujjayi VIII (controlled practise)
2. Viloma IX
3. Sitali I (B.K.S. Iyengar's note: Sitali has a better effect than Sitakari. Being a cooling method, it can be done in a hot climate; as stage one only, no digital exhalation. Sitakari should be known, but Sitali is effective.)
4. Anuloma Pranayama IA and IB
5. Sanmukhi Mudra
6. Savasana