

Syllabus for Intermediate Senior III

(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 III

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. **Vatayanasana**
2. **Baddha Padmasana** (must be achieved)
3. **Yoga Mudrasana**
4. Kukkutasana
5. Skandasana
6. Simhasana II
7. **Urdhva Kukkutasana** (attempt from Sirsasana; correct placement of arms and legs, insofar as possible)
8. Grabha Pindasana
9. Salamba Sirsasana III
10. **Parivrttaikapada in Sirsasana**
11. **Parsva Urdhva Padmasana in Sirsasana**
12. **Nirlamba Sarvangasana II**
13. **Parsva Pindasana in Sarvangasana**
14. **Mayurasana**
15. **Astavakrasana**
16. **Tittibhasana**
17. **Urdhva Dhanurasana II** (from Tadasana; see *Light on Yoga*, plates 483-486)
18. Laghuvajrasana
19. **Kapotasana**
20. Ardha Matsyendrasana II (see *Light on Yoga*, plate 330-331)
21. Marichyasana IV
22. Bhairavasana
23. **Yoganidrasana**
24. Eka Pada Raja Kapotasana I

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

1. Ujjayi VIII (controlled practise)
2. Viloma VII
3. Anuloma Pranayama IIA, IIB, IIIA and IIIB
4. Pratiloma Pranayama IA and IB
5. Viloma II (in Savasana)