

## Syllabus for Introductory I

Introductory I & II levels are assessed together. Candidates will be responsible for all of the information in both syllabuses. The written exam covers material on both the Introductory I and II reading lists.

### Reading

1. Introduction to *Light on Yoga*
2. Part one, Section I of *Light on Pranayama*
3. *Yoga in Action, Preliminary Course*
4. *Yoga in Action, Intermediate Course*
5. Part II The leaves and Part Four Pranayama in *The Tree of Yoga*
6. Sutras II.29 – II.48 in *Light on the yoga Sutras of Patanjali*
7. What is written about every asana and its stages and pranayama on this syllabus in *Yoga in Action, Preliminary Course* and *Yoga in Action, Intermediate Course*
8. What is written about every asana and pranayama on this syllabus in *Light on Yoga*.
9. What is written about every asana and pranayama on this syllabus in *Yoga, a Gem for Women*.
10. Part II Asana: hints and Cautions for the practice of asanas and Part III: Pranayama hints and Cautions in *Light on Yoga*.
11. What is written about every asana and pranayama on this syllabus in *Light on Pranayama*.
12. Section II Chapter 10 Hints and Caution in *Light on Pranayama*.
13. Chapter X Part I General Hints of *Yoga, a Gem for Women*.
14. *Yoga, A Gem for Women*, Chapter I-VI; Chapter VII, 1. Menstruation; Chapter VIII, the description of the systems.
15. *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 I; Chapter II pp.21-24; Chapters III, IV and V; Chapter VI pp 70-74, 76(#13 and #14), pp 88-89(#18-23); Chapter VIII pp.110-111 - The systems, pp.115-117 - Skeletal and Muscular Systems, and Chapter IX for sample questions and answers that relate to your syllabus.
16. Any basic anatomy book

### Required Knowledge

1. Practical knowledge about the asanas and their stages and pranayamas on your syllabus
2. What is the definition of yoga
3. Names and definitions of the four padas of Patanjala yoga Sutra
4. Names in Sanskrit and definitions of the eight limbs of astanga yoga
5. Names in Sanskrit and definitions of the yamas and niyamas
6. How to construct a sequence for a beginner's class
7. How to modify the asanas on your syllabus for complaints of neck or shoulder pain, sore knees, backs, or hips, as given in *Yoga, A Gem for Women*
8. An appropriate sequence for menstruation
9. The following anatomy:
  - a. Name and define the major systems of the body
  - b. The name, shape, and location of each of the major bones of the body
  - c. Major superficial muscles of the body

## Asanas for Introductory I

Asana in boldface are especially likely to be tested at any higher assessment level.

1. Tadasana
2. Vrksasana
3. Utthita Trikonasana
4. Virabhadrasana II
- 5. Utthita Parsvakonasana**
- 6. Virabhadrasana I**
7. Ardha Chandrasana
8. Parsvottanasana (arms down-concave and convex)
9. Prasrita Padottanasana (concave back; see *Light on Yoga*, plate 31)
- 10. Parighasana**
11. Padangusthasana (concave and downward extending spine)
12. Padahasthasana (concave and downward extending spine)
13. Uttanasana (concave back)
14. Adho Mukha Svanasana (with support)
15. Utkatasana
16. Dandasana
17. Gomukhasana (arms only)
18. Siddhasana
19. Virasana
20. Parvatasana in Svastikasana
21. Triang Mukhaikapada Paschimottanasana
22. Marichyasana I (twist only, see *Light on Yoga* plate 143)
23. Malasana (a) with wall support for sacrum; arms extended parallel to floor; (b) away from wall, heels on rolled blanket, arms extended parallel to floor, knees together; (see *Light on Yoga*, plate 317)
- 24. Salamba Sarvangasana I**
- 25. Halasana (feet on stool)**
26. Karnapidasana
27. Supta Konasana
28. Chatushpadasana (see *Light on Yoga*, plate 258; *Yoga, a Gem for Women*, plate 102. This asana is similar in form to Setubandha Sarvangasana, with the hands holding the ankles.)
29. Setubandha Sarvangasana (sacrum supported on a block)
30. Urdhva Prasrita Padasana (90°)
31. Bharadvajasana I (turning, without holding the upper arm)
32. Savasana (on bolster with eyes covered, observing the normal in breath and out breath)

## Pranayamas for Introductory I (Refer to *Light on Pranayama*)

1. Ujjayi I - II
2. Viloma I and II

## **Syllabus for Introductory II**

(includes responsibility for Introductory I Syllabus)

Includes responsibility for all previous syllabi. Questions on the Written Exam will be drawn from the material on both the Introductory I & II reading list.

### **Reading**

1. Introduction to *Light on the Yoga Sutras of Patanjali*
2. Sutras II.49 – III.13 in *Light on the Yoga Sutras of Patanjali*
3. What is written about every asana and its stages and pranayama on this and the previous syllabus in *Yoga in Action, Preliminary Course* and *Yoga in Action: An Intermediate Course*
4. What is written about every asana and pranayama on this and the previous syllabus in *Light on Yoga*.
5. What is written about every asana and pranayama on this and the previous syllabus in *Yoga, a Gem for Women*
6. What is written about every asana and pranayama on this and the previous syllabus in *Light on Pranayama*.
7. *Basic Guidelines for Teacher of Yoga* (January 2003 revised edition) by B.K.S. Iyengar and Geeta S. Iyengar. Read the entire book but concentrate on Chapter I; Chapter II pp. 21-24; Chapter III; Chapter VI pp. 70-73, p.75 (#4-5) pp. 89-93; Chapter VIII pp.105-6; and Chapter IX for sample questions and answers that relate to your syllabus.
8. *Yoga, A Gem for Women*, Chapter III Patanjali's Definition through Antaratma Sadhana; then asana through Samadhi.
9. Any basic anatomy book

### **Required Knowledge**

1. Required knowledge from previous syllabus
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. Know the basic information given on the last 5 limbs of astanga yoga in *Light on the Yoga Sutras of Patanjali* and in any of your other readings.
4. Understanding of the following concepts:
  - a) citta
  - b) sadhana
  - c) prana
  - d) abhyasa and vairagya
  - e) purusa and prakrti
  - f) samyama
  - g) parinama
5. Sanskrit name and definition of each of the gunas
6. Pranayama: philosophical basis, components, hints and cautions
7. The following anatomy:
  - a) The differences between muscles, ligaments and tendons.
  - b) The structure and type of movement of the major joints of the body.
8. Definition of the following terms and how they apply to the movement of joints of the body:
  - a) flexion
  - b) extension
  - c) abduction
  - d) adduction
  - e) rotation
  - f) circumduction
  - g) pronation
  - h) supination
  - i) dorsiflexion
  - j) plantar flexion
  - k) eversion
  - l) inversion
9. Main joint movements in the asanas on your syllabus

## Asanas for Introductory II

Candidates will be asked to demonstrate asana from both this and the previous syllabi. Asana in bold-face are especially likely to be tested at any higher assessment level.

1. Garudasana
2. Parivrtta Trikonasana
3. Parivrtta Parsvakonasana
4. Parivrtta Ardha Chandrasana (see *Art of Yoga*, plate 13)
5. Virabhadrasana III
6. Utthita Hasta Padangusthasana I (leg to the front, with and without support)
7. **Adho Mukha Svanasana (with support)**
8. **Parsvottanasana (classic asana)**
9. **Prasarita Padottanasana I (classic asana)**
10. **Uttanasana (classic asana)**
11. **Urdhva Mukha Svanasana**
12. **Chaturanga Dandasana**
13. Bhujangasana I
14. Dhanurasana
15. Salabasana
16. Makarasana
17. **Ustrasana**
18. Paripurna Navasana
19. Ardha Navasana
20. Supta Virasana (supported and not supported)
21. Baddha Konasana (sitting straight; give margin if difficult)
22. Supta Baddha Konasana
23. Upavistha Konasana (sitting straight)
24. Janu Sirsasana
25. Marichyasana I (Plate 144)
26. Paschimottanasana (also called Ugrasana or Brahmacharyasana)
27. **Salamba Sirsasana** (against wall; know how to teach with ropes, when available)
28. Salamba Sarvangasana I
29. Halasana (toes on floor, plate 240)
30. Eka Pada Sarvangasana
31. Parsvaika Pada Sarvangasana (as far as possible)
32. Parsva Halasana
33. **Setu Bandha Sarvangasana** (also called Uttana Mayurasana) (from Sarvangasana, with bent knees, feet dropping to wall, block, or chair)
34. Supta Padangusthasana I and II (First stage and lateral stage, see *Light on Yoga* plate 284 and 287)
35. **Bharadvajasana I (classic asana)**
36. **Bharadvajasana II**
37. Malasana (heels down, can grasp wall hooks or other available support; see *Light on Yoga*, plate 317)
38. Marichyasana III (opposite bent elbow over the bent knee; see *Light on Yoga*, plate 301)
39. Ardha Matsyendrasana I (with support, e.g., folded blanket between buttock and foot; against wall; see *Light on Yoga*, plates 307-308)
40. Urdhva Dhanurasana I (supported on chair, with hands and feet on floor or blocks; knees bent; pushing up if possible)
41. Dwi Pada Viparita Dandasana (on a chair; legs parallel to floor; holding back legs of chair)
42. Savasana (with eye band; normal in breath and deep out breath)

## Pranayamas for Introductory II (Refer to *Light on Pranayama*)

1. Ujjayi III and IV
2. Viloma III
3. Bhramari Ia, IB, IIa, and II B