

Syllabus for Advanced Junior 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 will be supplied with this information upon acceptance of their application for assessment.

Asanas for the Advanced Junior 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. Goraksasana
2. Viranchyasana I
- 3. Supta Vajrasana**
4. Parsva Urdhva Padmasana in Sarvangasana
5. **Ardha Matsyendrasana III** (see *Light on yoga*, plates 332 and 333)
- 6. Padma Mayurasana**
7. Hamsasana
8. Eka Pada Koundinyasana II (from Visvamitrasana)
- 9. Eka Pada Bakasana** (from Sirsasana)
- 10. Urdhva Kukkutasana** (from Sirsasana)
11. Eka Pada Urdhva Dhanurasana
- 12. Eka Pada Galavasana** (from Sirsasana)
- 13. Mandalasana**
- 14. Vamadevasana**
- 15. Chakorasana**
- 16. Ruchikasana**
- 17. Hanumanasana**

Pranayamas for Advanced Junior II (Refer to Light on Pranayama)

1. Pratiloma Pranayama IIIA, IIIB
2. Surya Bhedana I and II
3. Chandra Bhedana I and II
4. Nadi Sodhana IA and IB