

Syllabus for Advanced Senior I

(Includes responsibility for previous syllabi.)

Reading and required knowledge

Candidates will be supplied with this information upon acceptance of their application for assessment.

Asanas for the Advanced 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. Uttana Padma Mayurasana**
- 2. Sayanasana**
- 3. Viranchyasana II**
4. Eka Pada Sirsasana and possible cycles with Ruchikasana
- 5. Kapinjalasana**
- 6. Parsva Kukkutasana**
7. Yogadandasana (entwine arms)
- 8. Vamadevasana II**
- 9. Samakonasana**
- 10. Viparita Chakrasana in Urdhva Dhanurasana**
- 11. Vrschikasana I**
- 12. Eka Pada Rajakapotasana IV**
- 13. Bhujangasana II**
14. Natarajasana

Pranayamas for Advanced Senior I (Refer to *Light on Pranayama*)

1. Nadi Sodhana IIIA and IIIB