

Syllabus for Intermediate Junior I

(Includes responsibility for previous syllabi.)

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

Reading

1. Parts I (Samadhi Pada) and II (Sadhana Pada) and III.1 – III.13 (Vibhuti Pada) in *Light on The Yoga Sutras of Patanjali*.
2. What is written about every asana and its stages and pranayama on this and the previous syllabi in *Yoga in Action, Preliminary Course* and *Yoga in Action: An Intermediate Course*
3. What is written about every asana and pranayama on this and the previous syllabi in *Light on Yoga*.
4. What is written about every asana and pranayama on this and the previous syllabi in *Yoga, a Gem for Women*
5. What is written about every asana and pranayama on this and the previous syllabi in *Light on Pranayama*.
6. *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 all of Chapter V; Chapter VI especially the material on pp.76, 80, 82-83; and Chapter VIII pp. 105-06.
7. *Light on Pranayama*, Part One, Section II
8. *Yoga, a Gem for Women* Ch II; Ch III What is Citta, Five-Faceted Mind and Control of the Fluctuations of the Mind; Ch VIII the first two pages; Ch IX “Mental Attitude” through “Mind-Mind”
9. Any basic anatomy book

Required Knowledge

1. Required knowledge on previous syllabi.
2. Practical knowledge about the asanas and their stages and pranayamas on your syllabi
3. General knowledge from your reading of the *Yoga Sutras*. Be prepared to give a short summary of the ideas presented in each of the padas listed in your reading.
4. Components of citta
5. The various ways to still the fluctuations in the citta given in Samadhi Pada of the *Yoga Sutras*.
6. Sanskrit names for, definition of, and significance of:
7. Kriya yoga and its components
8. The paths (margas) of self-realization (p.79-80 in *Basic Guidelines for Teachers of Yoga*)
9. The five klesas.
10. The three eternal principles recognized by yoga darsana
11. How to develop a sequence emphasizing specific categories of asanas
12. Pranayama: Sanskrit names and definitions of the 5 vayus
13. The following anatomy:
 - a) Structure (all the parts) and functioning (all possible movements) of the shoulder joints (acromioclavicular, glenohumeral, and sternoclavicular joints)
 - b) Structure (all the parts) and functioning (all possible movements) of the knee joint
 - c) Knowledge of the function of the nervous, circulatory, digestive, lymphatic and endocrine systems, and the names and functions of the major organs in these systems
14. How to link actions within a pose and how to link from pose to pose

Asanas for Intermediate Junior I

Candidates may also be asked to demonstrate asanas from previous syllabi. Asanas in bold-face are especially likely to be tested at any higher assessment level.

1. **Utthita Parsva Hasta Padangusthasana** (with and without support)
2. Urdhva Prasarita Ekapadasana
3. Prasarita Padottanasana II
4. Gomukhasana (classic asana)
5. Parsva Dhanurasana
6. Lolasana
7. Paryankasana
8. **Bhekasana**
9. Swastikasana and Supta Swastikasana (for position of legs, see *Light on Pranayama*, plate 5)
10. Maha Mudra
11. Ardha Baddha Padma Paschimottanasana (both hands holding front foot; see *Yoga a Gem for Women*, plate 27)
12. Ubhaya Padangusthasana
13. Purvottanasana
14. Sirsasana I (away from wall)
15. Salamba Sarvangasana I
16. Salamba Sarvangasana II
17. Eka Pada Sarvangasana (top leg perpendicular to the floor and Halasana leg straight; left and right sides of the spine (parallel))
18. Halasana (arm position as in plate 241)
19. Parsva Halasana (feet on floor)
20. Setubandha Sarvangasana (classic asana, dropping from Sarvangasana)
21. Urdhva Prasarita Padasana
22. Ardha Matsyendrasana I (arm straight, holding foot in Matsyendra shape, the other arm on the back; see *Light on Yoga*, plates 313-314)
23. Jathara Parivartanasana (legs bent)
24. Eka Hasta Bhujasana
25. **Pincha Mayurasana** (against wall)
26. Adho Mukha Vrksasana (palms turned outward; against wall)
27. Urdhva Dhanurasana (supported on chair, with hands and feet on floor or blocks, if needed. Candidates at this level should be able to push up into the full asana.)
28. Dwi Pada Viparita Dandasana (supported on chair; with fingers inter-locked behind head on floor or on support, if necessary)
29. Savasana

Pranayamas for Intermediate Junior I (Refer to Light on Pranayama)

(The use of a wall for support is acceptable)

1. Ujjain V - VIII
2. Viloma IV and V
3. Kapalabhati I

Other important asanas from the Introductory and Teacher in Training levels*

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| 1. Ardha Chandrasana | 8. Janu Sirsasana |
| 2. Virabhadrasana III | 9. Paschimottanasana |
| 3. Parivrtta Trikonasana | 10. Malasana |
| 4. Parivrtta Parsvakonasana | 11. Parsvottanasana |
| 5. Supta Virasana | 12. Marichyasana III |
| 6. Upavista Konasana | 13. Ardha Matsyendrasana I |
| 7. Badha Konasana | 14. Supta Padangusthasana |

*Assessors may ask for demonstration or teaching of these asanas to see whether candidates have progressed