

IYENGAR YOGA

ASSOCIATION OF GREATER NEW YORK

150 W. 22nd Street, 11th Floor
 New York, New York 10011
 Tel. 212 691 9642

Curriculum for Level I**UTTISTHA STHITI – STANDING ASANA**

- Samasthiti or Tadasana (sama = same/even; sthiti = standing; tadasana = mountain pose)
- Urdhva Hastasana (upward hand position in mountain pose)
- Garudasana (arms only)
- Urdhva Baddhanguliyasana (upward bound finger position)
- Namasakarasana (prayer position)
- Urdhva Namaskarasana (upward prayer position)
- Gomukhasana (arms only) (cow face pose)
- Paschima Baddha Mani Bandha (bound wrist lock)
- Paschima Baddha Hastasana (bound arm position)
- Paschima Namaskarasana (reverse prayer position)
- Vrksasana (tree pose)
- Utkatasana (fierce pose)
- Bharadvajasana in chair (seated twist)
- Uttitha Marichyasana III with foot on chair (standing twist)
- Uttitha Hasta Padasana (extended hand foot position)
- Parsva Hasta Padasana (sideways hand foot position)
- Uttitha Trikonasana (extended triangle pose)
- Virabhadrasana II (warrior pose II)
- Utthita Parsvakonasana (extended sideangle pose)
- Vimanasana (golden winged chariot pose)
- Virabhadrasana I (warrior pose I)
- Ardha Chandrasana (half moon pose)
- Parsvottanasana (arms down, concave and convex spine) (intense stretch to the sides of the body pose)
- Parsvottanasana (classic pose with hands in paschimar namaskar)
- Parivrtta Trikonasana (revolved triangle pose)
- Prasarita Padottanasana (arms down, concave and convex spine) (wide foot pose)
- Padangusthasana (concave and downward extending spine) (big toe pose/standing forward bend)
- Baddha Hastasana in Uttanasana (bound hand position in intense stretch)
- Uttanasana (concave back and downward extending spine) (intense stretch/feet apart)
- Adho Mukha Svanasana (with or without support) (downward facing dog pose)
- Parighasana – as in Preliminary Course

UPAVSITHA STHITI – SITTING ASANA

- Dandasana (staff pose)
- Siddhasana (pose of the Semi-Divine Being)
- Virasana (hero's pose)

- Parvatasana in Virasana (mountain pose in hero's pose)
- Svastikasana (Sukhasana) (easy or cross-legged pose)
- Parvatasana in Svastikasana (mountain pose in cross-legged pose)
- Baddhakonasana (bound angle pose)
- Uttitha Upavistha Konasana (upright spread angle pose)
- Urdhva Hasta Dandasana (upward hand position in staff pose)
- Padangustha Dandasana (big toe pose in staff pose)
- Uttitha Janu Sirsasana (upright head of the knee pose)
- Urdhva Hasta Janu Sirsasana (upward hand position in head of the knee pose)
- Padangustha and Urdhva Mukha Janu Sirasana (upward hand position in head of the knee pose)
- Uttitha Trianga Mukhaikapada Paschimottonasana (upright three prongs of one leg/full stretch of the west side of the body)
- Urdhva Hasta Trianga Mukhaikapada Paschimottonasana (upward hand position in three prongs of one leg/full stretch of the west side of the body)
- Padangustha and Urdhva Mukha Trianga Mukhaikapada Paschimottonasana (upward hand position in three prongs of one leg/ full stretch of the west side of the body)

PASCHIMA PRATANA STHITI – FORWARD EXTENSION ASANAS

- Adho Mukha Virasana (toes together knees apart) (downward facing hero's pose)
- Paschimottonasana (full stretch of the West-side of the body)
- Janu Sirasana (head of the knee pose)
- Trianga Mukhaikapada Paschimottonasana (3-prongs of one leg, in full stretch of the West-side of the body)
- Chair Malasana (sitting on chair and bending forward)
- Malasana I (with support) – Light on Yoga Plate #317 as in Intro I and II syllabus

PARIVRTTA STHITI – LATERAL EXTENSION (TWISTING) ASANAS

- Parsva Sukhasana (twist in simple cross legged pose)
- Marichyasana I (twist only)
- Dandasana twist
- Bharadvagasana (without clasp)

VIPARITA STHITI – INVERSIONS

- Ardha Halasana (half plough pose – toes on chair)
- Salamba Sarvangasana (shoulder stand)
- Eka Pada Sarvangasana (one-legged shoulderstand)
- Supta Konasana (wide angle pose from halasana)
- Karnapidasana (ear-pressure pose, feet on chair)

UDARA AKUNCHANA STHITI – ASANAS FOR ABDOMINAL CONTRACTION

- Urdhva Prasarita Padasana 90° (with support of wall or belt) (upward extended leg position)
- Eka Pada and Dwi Pada Pavanmuktasana (bent-knee to chest pose/ "wind-relieving pose")
- Jathara Parivartanasana with bent legs (turning stomach pose)

PURVA PRATANA STHITI – BACKWARD EXTENSION ASANAS

- Chatush Padasana (four-footed pose/variation of bridge pose holding ankles)
- Urdhva Mukha Svanasana (toes in) (upward dog pose)
- Chataranga Dandasana (four legged staff pose)

VISRANTA KARAKA ASANA – RESTORATIVE ASANA

- Cross Bolsters
- Setu Bandhasarvangasana with support of bolster or brick (bridge pose)
- Supta Baddhakonasana (reclining bound angle pose)
- Supta Swastikasana (reclining simple cross-legged pose)
- Viparita Karani (legs up the wall with support of bolster under hips)
- Savasana (corpse pose)
- Ujjayi I, II, and III (See Light on Pranayama)

YOGA KURUNTA – ROPE WORK

- Rope I static away from wall
- Rope Adho Mukha Svanasana (hanging downward facing dog pose)