

IYENGAR YOGA

ASSOCIATION OF GREATER NEW YORK

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Curriculum for Level II**All of Level I Curriculum plus:****UTTISTHA STHITI – STANDING ASANA**

- Virbhadrāsana III
- Parivṛtta Pasrvaḥkonasana
- Padahastāsana
- Uttanāsana (classic pose, feet together)
- Utthita Hasta Padangustāsana I and II
- Parivṛtta Hasta Padangustāsana (with support)
- Garudāsana (full pose)

UPAVSITHA STHITI – SITTING ASANA

- Padangustha Upavistha Konasana
- Parsva Upavista Konasana
- Adho Mukha Upavista Konasana
- Gomukhasana (full pose)

PASCHIMA PRATANA STHITI – FORWARD**EXTENSION ASANAS**

- Marichyasana I (clasping and going forward)

PARIVṚTTA STHITI – LATERAL EXTENSION (TWISTING) ASANAS

- Bhāradvajasana I (w/ and w/out clasping arms behind back)
- Bhāradvajasana II
- Marichyasana III (not clasping)
- Ardha Matsyendrasana (not clasping)

VIPARITA STHITI – INVERSIONS

- Adho Mukha Vrksasana
- Ardha Sirsasana
- Urdhva Prasārita Eka Pada Sirsasana
- Salamba Sirsasana (at wall)
- Halāsana
- Parsvaikapada Sarvangasana
- Setubandha Sarvangasana (dropping to chair or wall)
- Parsva Halāsana

UDARA AKUNCHANA STHITI – ASANAS FOR ABDOMINAL CONTRACTION

- Paripurna Navasana
- Ardha Navasana
- Supta Padangustāsana I, II, Parivṛtta
- Ubhaya Padangustāsana
- Anantāsana – 1st stage (without leg up)

BHUJA TOLASANA STHITI – ARM BALANCINGS

- Vasisthasana 1st stage (without leg up)

PURVA PRATANA STHITI – BACKWARD**EXTENSION ASANAS**

- Dhanurasana
- Salabhasana
- Makarasana
- Ustrasana
- Dwi Pada Viparita Dandasana over chair
- Urdhva Dhanurasana pushing up with support under hands or feet from chair
- Bhujangasana

VISRANTA KARAKA ASANA – RESTORATIVE ASANA

- Salamba Sarvangasana with support of chair
- Ardha Halāsana with support of chair
- Supta Virāsana

PRANAYAMA

- Ujjayi III and IV, V – introduction to sitting
- Viloma I, II, III, IV
- Bhramari 1A, 1B, IIA, IIB

YOGA KURUNTA – ROPE WORK

- Rope I: swinging
- Teach Rope Sirsasana after Sirsasana is coming
- Rope Purvottanāsana: (coiling with feet to wall, arms bent and in close to sides of trunk – do not stay long)