

IYENGAR YOGA

ASSOCIATION OF GREATER NEW YORK

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Curriculum for Level III

Includes all poses from Level I and II Curriculum plus:

UTTISTHA STHITI – STANDING ASANA

- Uttitha Hasta Padangusthasana (without support)
- Uttitha Parsva Hasta Padangusthasana (without support)
- Parivrtta Utthita Hasta Padangusthasana (without support)
- Urdhva Prasarita Eka Padasana (without support)
- Ardha Baddha Padmottonasana (with both hands on floor, classic pose)
- Prasarita Padottanasana II

UPAVSITHA STHITI – SITTING ASANA

- Maha Mudra
- Urdhva Hasta in Ardha Baddha Padma Paschimottonasana
- Padangustha and Urdhva Mukha in Ardha Baddha Padma Paschimottonasana
- Padmasana
- Parvatasana in Padmasana

PASCHIMA PRATANA STHITI – FORWARD EXTENSION ASANAS

- Ardha Baddha Padma Paschimottonasana (holding foot front foot with both hands; holding foot from behind with help of belt; classic pose)
- Upavistha Konasana (classic pose)
- Malasana II
- Kurmasana (stage I)
- Parivrtta Upavistha Konasana
- Parivrtta Janu Sirsana
- Parivrtta Paschimottonasana
- Marichyasana II
- Urdhva Mukha Paschimottonasana I and II

PARIVRTTA STHITI – LATERAL EXTENSION (TWISTING) ASANAS

- Ardha Matsyendrasana I (arm straight holding foot, other arm on back; classic pose)
- Marichyasana III (classic pose)
- Pasasana

VIPARITA STHITI – INVERSIONS

- Adho Mukha Vrksasana with hand variations
- Pincha Mayurasana – hand variations
- Sirsasana (stable away from wall)
- Parsva Sirsasana
- Eka Pada Sirsasana
- Parsvaikapada Sirsasana
- Parivrttaikapada Sirsasana
- Salamba Sirsasana II
- Salamba Sarvangasana II
- Eka Pada Sarvangasana classic pose
- Parsvaikapada Sarvangasana classic pose
- Setu Bandha dropping back to floor from Salamba Sarvangasana
- Urdhva Padmasana in Sarvangasana
- Setu Bandha coming up to Sarvangasana
- Eka Pada Setu Bandha Sarvangasana
- Niralamba Sarvangasana
- Urdhva Padmasana in Sirsasana

BHUJA TOLASANA STHITI – ARM BALANCINGS

- Lolasana
- Tolasana
- Eka Hasta Bhujasana
- Dwi Hasta Bhujasana
- Bhujapidasana
- Bakasana from the floor
- Parsva Bakasana from the floor
- Vasisthasana

UDARA AKUNCHANA STHITI – ASANAS FOR ABDOMINAL CONTRACTION

- Urdvha Prasrita Padasana (classic pose)
- Akarna Dhanurasana I + II
- Supta Padangusthasana III - *LOY – Plate 286*
- Jathara Parivartanasana – legs straight
- Anantasana (full pose)

PURVA PRATANA STHITI – BACKBENDS

- Dwi Pada Viparita Dandasana (with chair – head on floor/ holding chair legs without support)
- Sirsasana – dropping back to Dwi Pada Viparita Dandasana
- Urdva Dhanurasana without support
- Urdva Dhanurasana II from Tadasana with support of wall or teacher
- Paryankasana
- Bhekasana
- Matsyasana
- Eka Pada Raja Kapotasana I and II – beginning stages

PRANAYAMA

In addition to supine Pranayamas, the following seated Pranayamas:

- Ujjayi
- Viloma
- Kumbhaka
- Bhramari
- Also teach hand position in minimal Anuloma and Pratiloma Pranayama

YOGA KARUNTA - ROPE WORK

- Bhujangasana – sliding down the ropes
- Rope Sirsasana