

## IYENGAR YOGA



ASSOCIATION OF GREATER NEW YORK

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## Curriculum for Level IV:

### ***Includes Curriculum for Level I, II and III plus:***

- Kurmasana II
- Eka Pada Sirasana
- Dwi Pada Viparita Dandasana (classic pose)
- Uttana Padasana
- Ardha Matsyendrasana (classic pose)
- Bhekasana from Sirsasana
- Parsva Bakasana from Sirsasana
- Simhasana
- Baddha Padmasana
- Simhasana I and II
- Pindasana in Sirsasana
- Vatayanasana
- Yoga Mudrasana
- Kukutasana
- Skandasana
- Simhasana II
- Urdhva Kukutasana
- Garbha Pindasana
- Samaba Sirsasana III
- Parsva Urdhva Padmasana in Sirasana and Urdva Padmasana in Sirsasana
- Parsva Pindasana in Sarvangasana
- Mayurasana
- Astavakrasana
- Tittibhasana
- Laghuvajrasana
- Kapotasana
- Ardha Matsyendrasana II
- Marichyasana IV
- Bhairavasana
- Yoganidrasana
- Eka Pada Raja Kapotasana I
- Mukta Hasta Sirsasana
- Parsva Sarvangasana
- Viranchyasana II
- Visvamisrasana
- Eka Pada Galabasana
- Galavasana
- Eka Pada Koundinyasana
- Vamadevasana
- Urdhva Dhanurasana from Tadasana and back up (with rhythm)
- Dwi Pada Viparita Dandasana from Sirsasana and back to Sirsasana
- Eka Pada Viparita Dandasana II (with bent leg, using a belt to grip the foot and lift the other leg)
- Eka Pad Raja Kapotasana II
- Goraksasana
- Viranchyasana I
- Supta Vajrasana
- Parsva Urdhva Padmasana in Sarvangasana
- Ardha Matsyendrasana III
- Padma Mayurasana

- Hamsasana
- Eka Pada Koundinyasana II (from Visvamitrasana)
- Eka Pada Bakasana (from Sirsasana)
- Urdhva Kukkutasana
- Eka Pada Urdhva Dhanurasana
- Eka Pada Galavasana
- Mandalasana
- Vamadevasana
- Chakorasana
- Rucikasana
- Hanumanasana
- Mulabhandasana
- Supta Bhekasana
- Yogadandasana
- Urdhva Dhanurasana II
- Eka Pada Viparita Dandasana II
- Chakra Bandhasana
- Vrschikasana I
- Eka Pada Rajakapotasana II and III
- Kasyapasana
- Durvasasana
- Uttanana Padma Mayurasana
- Sayanasana
- Viranchyasana II
- Eka Pada Sirsasana and possible cycles with Ruchikasana
- Kapinjalasana
- Parsva Kukkutasana
- Samakonasana
- Natarajasana
- Buddhasana
- Kapilasana
- Kala Bhairavasana
- Dwi Pada Sirsasana
- Paripurna Matsyendrasana
- Kandasana
- Supta Trivikramasana
- Valakhilyasana
- Rajakapotasana
- Padangustha Dhanurasana
- Sirsa Padasana
- Gherandasana I and II
- Ganda Bherunadasana
- Viparita Salabhasana
- Tiriang Mukhottanasana

#### **PRANAYAMA**

- Ujjayi VI - VIII
- Kapalabhati
- Bhastrika
- Anuloma
- Pratiloma
- Nadi Sodhana