

## Combined Syllabus Introductory 1 and 2, lightend

Call the pose and wait to start the time when the majority of the candidates are in the pose.

Give enough time in tadasana between standing poses for recovery, approximately 10 – 20 secs, but look at the candidates and watch what they require. For each standing pose, start from tadasana. State the name of the pose and then say start. At end of time state to come up and change the sides. After that side state to come up, tadasana.

Give time in dandasana between forward bends and in prone savasana between back bends (#s 46-49).

Ask them to get props and to keep them near their mat. Then start the practice.

1.	Supta Padangusthasana (a) first stage up      (b) lateral stage	30 sec each position	Transition
2.	Utthita Hasta Padangusthasana 1 (a) leg to the front with support; (b) without support	20 sec each position	Standing (strenuous poses alternating with some „recovery“ poses)
3.	Tadasana	60 sec	
4.	Utkatasana	20 sec	
5.	Utthita Trikonasana	40 sec	
6.	Utthita parsvakonasana	30 sec	
7.	Uttanasana (concave back only)	20 sec	
8.	Virabhadrasana II	30 sec	
9.	Virabhadrasana 1	30 sec	
10.	Gomukhasana in Tadasana	20 sec	
11.	Virabhadrasana 3 (can repeat if assessors need to see again)	15 sec	
12.	Padangusthasana (a) concave and (b) downward extension	10 sec each position	
13.	Ardha Chandrasana	30 sec	
14.	Parivrtta Trikonasana	30 sec	
15.	Parivrtta Parsvakonasana (after right side, come to utthita hasta padasana with hands on hips to take a breath before going to the left side)	20 sec	
16.	Uttanasana (classic)	20 sec	

17.	Parsvottanasana (classic)	20 sec	
18.	Prasarita Padottanasana (concave back)	20 sec	
19.	Pasarita Padottanasana 1 (classic asana)	20 sec	
20.	Parighasana (stambhasana until all are ready)	15 sec	

21.	Malasana (a) wall support for sacrum; arms extended parallel to floor and (b) away from wall, heels on rolled blanket, knees together, arms parallel	20 sec	Transition
22. a	Rope Sirsasana	2.5 min	Sirsasana
22. b	Salamba Sirsasana (against wall)	2.5 min	
23.	Dandasana	20 sec	Sitting / twist / forward extension
24.	Janu Sirsasana	30 sec	
25.	Trianga Mukhaikapada Paschimottanasana	30 sec	
26.	Marichyasana 1 bending forward	30 sec	
27.	Upavistha Konasana (sitting straight). Ask candidates to turn right on their mats	40 sec	
28.	Baddha Konasana (sitting straight) Come out to dandasana, turn left on the mat.	40 sec	
29.	Parvatasana in Swastikasana Change the cross of the legs and the interlock of the hands	20 sec	
30.	Adho Mukha Svanasana (w/support)	1 min	Transition
31.	Urdhva Prasarita Padasana (90 degrees) Come out to dandasana	20 sec	Belly
32.	Paripurna Navasana	20 sec	
33.	Ardha Navasana	10 sec	
34.	Bharadvajasana with clasping	20 sec	Twist
35.	Bharadvajasana 2	20 sec	

36.	Marichyasana 3	20 sec	
37.	Ardha Matsyendrasana 1 (w/support of blanket, wall if needed)	20 sec	
38.	Supta Virasana (not supported) Come out to dandasana	1 min	Backward extension
39.	Chaturanga Dandasana (can repeat if assessors need to see again)	15 sec	
40.	Shalabhasana	15 sec	
41.	Makarasana	15 sec	
42.	Dhanurasana	15 sec	
43.	Bhujangasana 1	15 sec	
44.	Ustrasana Come up, start the pose, come out, rest, get ready, start	15 sec x2	

45.	Urdhva Mukha Svanasana	20 sec x 2	
46.	Dwi Pada Viparita Dandasana (on chair)	2.5 min	Support - Chair
47.	Urdhva Dhanurasana 1 (chair) Work to capacity with repetitions at your pace.	2 min	
48.	Setubandha Sarvangasana (block)	1.5 min	- Block
49.	Chatush Padasana	15 sec x2	
50.	Halasana (toes on floor)	1 min	Sarvangasana series
51.	Salamba Sarvangasana 1 Everyone head facing front. Have enough room for supta konasana	2.5 min	
52.	Eka Pada Sarvangasana Start; come up; change sides	20 sec	
53.	Parsvaika Pada Sarvangasana Start; come up; change sides. Come down to halasana.	20 sec	
54.	Supta Konasana Start; come back to halasana	20 sec	
55.	Parsva Halasana Start; change sides; come back to halasana	15 sec	
56.	Karnapidasana Come down; rest; set up next pose	20 sec	

57.	Setubandha Sarvangasana (feet dropping to support) Come down and return to place	30 sec	
58.	Paschimottanasana Start in dandasana and return to dandasana	1.5 min	Finish
59.	Siddhasana	15 sec	
60.	Supta Baddha Konasasana	2 min	
61.	Savasana (head wrap, normal in breath and deep out breath)	5 min	