

■ Syllabus Level 2

All asanas and pranayama from Level 1 syllabus are a part of Level 2 syllabus.

Asanas	Plate No.	Source
Parivritta Ardha Chandrasana	13	Art of Yoga
		Intermediate Course book
Utthita Hasta Padangusthasana I without support	23	Light on Yoga
Utthita Hasta Padangusthasana II without support		
Utthita Hasta Padangusthasana III	124	Yoga: A Gem for Women
Prasarita Padottanasana II	35, 36	Light on Yoga
Urdhva Prasarita Ekapadasana	49	
Ardha Baddha Padmottanasana	52	
Parsva Dhanurasana	64, 65	
Lolasana	83	
Paryankasana	97	
Bhekasana	100	
Padmasana	104	
Parvatasana	107	
Tolasana	108	
Matsyasana	113	
Maha Mudra	125	
Parivrtta Janu Sirsasana	132	
Parivrtta Upavista Konasana	Similar to Parivrtta Janu Sirsasana but legs in Upavista Konasana position	
Ardha Baddha Padma Paschimottanasana	135	Light on Yoga
Parivrtta Paschimottanasana	165	
Ubhaya Padangusthasana	167	
Purvottanasana	171	
Akarna Dhanurasana	173, 175	
Salamba Sirsasana I (in the middle of the room or according to the students' needs)	184, 185, 190	
Parsva Sirsasana	202, 203	
Parivrttaikapada Sirsasana	206, 207	
Eka Pada Sirsasana	208, 209	
Parsvaika Pada Sirsasana	210	
Urdhva Padmasana in Sirsasana	211	

Asanas	Plate No.	Source
Pindasana in Sirsasana	218	Light on Yoga
Salamba Sarvangasana II	235	
Setubandha Sarvangasana	259	
Urdhva Padmasana in Sarvangasana	261	
Pindasana in Sarvangasana	269	
Jathara Parivartanasana	274, 275	
Urdhva Prasarita Padasana (all plates)	276-279	
Chakrasana	280-283	
Supta Padangusthasana I	285, 286	
Supta Padangusthasana III	Legs similar to Utthita Hasta Padangusthasana III but body is in a supine position	
Eka Hasta Bhujasana	344	Light on Yoga
Dwi Hasta Bhujasana	345	
Bhujapidasana	348	
Pincha Mayurasana (against the wall, with palms facing downward, palms facing each other and palms facing upward)	357	
Adho Mukha Vrksasana (against the wall, fingers pointing towards the wall and also palms turned outward)	359	
Kurmasana	363, 364	
Eka Pada Sirsasana	371	
Tittibhasana (from Uttanasana)	395	
Urdhva Dhanurasana	479 - 482	
Dwi Pada Viparita Dandasana	516	

Pranayamas
Note: The use of a wall for support is acceptable.
Ujjayi, Viloma pranayama in sitting position
Ujjayi with a short spell of Kumbhaka
Anuloma pranayama without retention of breath
Pratiloma pranayama without retention of breath
Bhramari
Sitali
Sitkari