

Intermediate Junior Level 2 Practice Sequence

Practice segment — Two hours and 15 minutes

No	Asana		No	Asana	
1	Uttanasana		26	Eka Hasta Bhujasana	
2	Adho Mukha Svanasana	S	27	Dwi Hasta Bhujasana	S
3	Utthita Hasta Padangusthasana — with and without support, <i>see</i> LOY pl. 21–23	S	28	Purvottanasana	
4	Ardha Chandrasana		29	Bhekasana	
5	Parivrtta Ardha Chandrasana		30	Urdhva Dhanurasana — 2 x from two bolsters, and 2 x from the floor	S
6	Uttanasana		31	Dwi Pada Viparita Dandasana — over chair, feet on floor, bent elbows hold front legs of chair	S
7	Ardha Baddha Padmottanasana — both hands to floor	S	32	Adho Mukha Svanasana — transition pose	S
8	Urdhva Prasrita Ekapadasana — final		33	Salamba Sarvangasana I — 6 minutes	
9	Adho Mukha Vrksasana — hands forward)	S	34	Salamba Sarvangasana II — 1 minute	
10	Salamba Sirsasana — 7 minutes		35	Eka Pada Sarvangasana — 30 seconds each side	S
11	Parsva Sirsasana — 30 seconds each side	S	36	Halasana — 3 minutes	
12	Eka Pada Sirsasana — 30 seconds each side, <i>see</i> LOY pl. 208 and 209	S	37	Urdhva Prasrita Padasana — <i>see</i> LOY pl. 276–279, repeat 3–4 times	
13	Ardha Baddha Padma Paschimottanasana — hold foot from behind, belt if needed, <i>see</i> LOY pl.135	S	38	Supta Padangusthasana I, II, III — I <i>see</i> LOY pl. 284; II <i>see</i> LOY pl. 287; III <i>see</i> LOY pl. 286	S
14	Padmasana	S	39	Jathara Parivartanasana — bent legs	
15	Parvatasana in Padmasana	S	40	Supta Baddha Konasana — supported	
16	Tolasana	S	41	Swastikasana forward —supported	
17	Matsyasana	S	42	Savasana — 5 minutes, remain in Savasana until moderator advises all to begin pranayama together	S
18	Marichyasana III — final	S	Set up for Pranayama — <i>pranayama to be called</i>		
19	Malasana II — holding heels, head down, <i>see</i> LOY pl. 322	S	43	Kapalabhati II — 3 cycles, 3–4 strokes each	S
20	Upavistha Konasana — final	S	44	Bhastrika I and II — 3 to 4 cycles, 5–6 strokes at a time	S
21	Ubhaya Padangusthasana		45	Bhramari III A and III B — 3 cycles each, <i>see</i> LOP, table in Chapter 21	S
22	Akarna Dhanurasana I — <i>see</i> LOY pl. 173	S	46	Ujjayi IX and X — 8 minutes	S
23	Kurmasana — stage I, arms extended sideways <i>see</i> LOY pl. 361–364)	S	47	Viloma VI — 4 minutes	S
24	Dandasana — transition		48	Savasana — 5 minutes	S
25	Lolasana				

Teaching segment — 35 minutes

Candidates will be given a sequence of asanas, which will include:

- One asana from the Introductory Level 2 or Intermediate Junior Level 1 syllabus
- Two asanas from the Intermediate Junior Level 2 syllabus

Plus

Salamba Sirsasana, Parsva Sirsasana, Eka Pada Sirsasana, Salamba Sarvangasana and Halasana.

The asanas of the syllabus for this level are marked in **bold** with an **S** to the right in the table above.