

Intermediate Junior Level 3 Practice Sequence

Practice segment — Two hours and 15 minutes

No	Asana	
1	Adho Mukha Vrkasana — hands forwards	
2	Adho Mukha Vrkasana — hands back, like Mayurasana — with hands apart, distance approx 50cm from the wall	S
3	Pincha Mayurasana — palms downwards	S
4	Pincha Mayurasana — palms upwards	S
5	Salamba Sirsasana — 7 minutes	
6	Salamba Sirsasana II — 1 minute	S
7	Parsva Sirsasana — 30 seconds each side	
8	Parivrttaikapada Sirsasana — 30 seconds each side	S
9	Parsvaika Pada Sirsasana — final, 30 seconds each side	S
10	Parivrtta Utthita Hasta Padangusthasana — see GFW pl. 124	S
11	Parivrtta Ardha Chandrasana	
12	Ardha Baddha Padmottanasana — full pose	S
13	Uttanasana — full pose	
14	Ardha Baddha Padma Paschimottanasana	S
15	Parsva Upavistha Konasana — see LOY pl. 152	S
16	Parivrtta Upavistha Konasana — is similar to Parivrtta Janu Sirsasana, but the legs are in Upavistha Konasana position	S
17	Parivrtta Janu Sirsasana	S
18	Parivrtta Paschimottanasana	S
19	Marichyasana II — see LOY pl. 145–147	S
20	Ardha Matsyendrasana I — arm straight and gripping the foot	S
21	Malasana I — see LOY pl. 319, 320	S
22	Akarna Dhanurasana II — see LOY pl. 175	S
23	Kurmasana II — arms extended backwards, see LOY pl. 365	S
24	Padmasana	
25	Tolasana	
26	Bhujapidasana	S

No	Asana	
27	Dwi Hasta Bhujasana	
28	Adho Mukha Svanasana	
39	Urdhva Mukha Svanasana	
30	Ustrasana	
31	Urdhva Dhanurasana I — straight from the ground	S
32	Dwi Pada Viparita Dandasana — elbows supported to wall, feet with knees bent on 30cm high support, eg. viparita karani box or setu bandha bench, if available, feet on blocks	
33	Dwi Pada Viparita Dandasana — independently, away from the wall, bent knees, feet on the floor	S
34	Adho Mukha Svanasana — feet on blocks, heels to the wall	
35	Uttanasana	
36	Salamba Sarvangasana I — 8 minutes	
37	Halasana — 4 minutes	
38	Parsva Halasana — 30 seconds each side	
39	Urdhva Padmasana in Sarvangasana — to capacity*	S
40	Pindasana in Sarvangasana — to capacity (* see next page)	S
41	Setu Bandha Sarvangasana — 1 minute and then coming up to Sarvangasana for 30 seconds before releasing	S
42	Jathara Parivartanasana — straight legs	S
43	Supta Baddha Konasana — supported	S
44	Swastikasana forward — supported	S
45	Savasana — 5 minutes, remain in Savasana until moderator advises all to begin pranayama together	S
	Set up for Pranayama — <i>pranayama to be called</i>	S
46	Kapalabhati III — 3 cycles, 5–6 stokes a time	S
47	Bhastrika III — 4–5 cycles, 5–6 stokes a time	S
48	Bhramari IV A and IV B — 3 cycles each, see LOP, table in chapter 21	S
49	Ujjayi XI and XII — 6 minutes	S
50	Viloma VII and VIII — 6 minutes	S
51	Savasana — 5 minutes	S

*Note: Each candidate should work within their capabilities. * If Padmasana in Sarvangasana does not come in Intermediate Junior 3, then at Intermediate Senior 1 it should be learnt for assessment, but in case it is still not possible then for Intermediate Senior II it is a must.*

Teaching segment — 40 minutes

Candidates will be given a list of of asanas, which they will be required to structure into a sequence to teach within 40 minutes. The list will include:

- One asana from the previous syllabi (either Introductory Level 2 or the Intermediate Junior Level 1 or 2)
- Two asanas from the Intermediate Junior Level 3 syllabus

Plus

Salamba Sirsasana, Parsva Sirsasana, Eka Pada Sirsasana, Salamba Sarvangasana I, Salamba Sarvangasana II, Halasana, Parsva Halasana, Parsvaikapada Sarvangasana, Karnapidasana, and Supta Konasana.

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