

YOGA ASSOCIATION OF ALBERTA

ASANA / PRANAYAMA REQUIRED PRACTICES

Applicants considering entering the YAA Hatha Yoga Teacher Training Program must be familiar with the following Level One required practices. They comprise, along with Level Two Practices, the basis of study in the YAA Hatha Yoga Teacher Training Program. By the end of their YAA Hatha Yoga Teacher Training Program students are required to have a working understanding of Level One and Level Two and be able to teach them safely in order to be eligible to apply for YAA Hatha Yoga Teacher Certification.

Level One Asanas And Pranayama

Asanas:

<i>Adho Mukha Svanasana</i>	<i>Malasana</i>	<i>Sukhasana</i>
<i>Akarna Dhanurasana</i>	<i>Marichyasana I & III</i>	<i>Supta Baddha Konasana</i>
<i>Ananda Balasana (Happy Baby)</i>	<i>Naraviralasana (Sphinx)</i>	<i>Supta Balasana</i>
<i>Anantasana</i>	<i>Padangusthasana</i>	<i>Supta Padangusthasana</i>
<i>Ardha Chandrasana</i>	<i>Parighasana</i>	<i>Tadasana</i>
<i>Baddha Konasana</i>	<i>Parsvottanasana</i>	<i>Trianga Mukhaikapada</i>
<i>Bakasana</i>	<i>Pasasana</i>	<i>Paschimottanasana</i>
<i>Balasana (Child's)</i>	<i>Paschimottanasana</i>	<i>Upavistha Konasana</i>
<i>Bharadvajasana I</i>	<i>Plank</i>	<i>Ustrasana</i>
<i>Bhujangasana</i>	<i>Prasarita Padottanasana</i>	<i>Utkatasana</i>
<i>Dandasana</i>	<i>Purvottanasana</i>	<i>Uttanasana</i>
<i>Dhanurasana</i>	<i>Salabhasana</i>	<i>Utthita Parsvakonasana</i>
<i>Garudasana</i>	<i>Salamba Sarvangasana</i>	<i>Utthita Trikonasana</i>
<i>Gomukhasana</i>	<i>Savasana</i>	<i>Viparita Karani</i>
<i>Halasana</i>	<i>Setu Bandha Sarvangasana</i>	<i>Virabhadrasana I, II & III</i>
<i>Janu Sirsasana</i>	<i>Siddhasana</i>	<i>Virasana</i>
<i>Krounchasana</i>	<i>Simhasana</i>	<i>Vrksasana</i>

Asana Series: *Surya Namaskar*

Pranayama: *Diaphragmatic Breath, Complete Breath, Ujjayi*

Level Two Asanas And Pranayama

Asanas:

<i>Adho Mukha Vrksasana</i>	<i>Jathara Parivartanasana</i>	<i>Parsva Bakasana</i>
<i>Agnistambhasana (Fire Log)</i>	<i>Kurmasana</i>	<i>Pincha Mayurasana</i>
<i>Ardha Matsyendrasana I</i>	<i>Matsyasana</i>	<i>Salamba Sirsasana</i>
<i>Ardha Navasana</i>	<i>Mayurasana</i>	<i>Supta Virasana</i>
<i>Bharadvajasana II</i>	<i>Padmasana</i>	<i>Urdhva Dhanurasana I</i>
<i>Bhekasana</i>	<i>Paripurna Navasana</i>	<i>Urdhva Mukha Svanasana</i>
<i>Chaturanga Dandasana</i>	<i>Parivrtta Ardha Chandrasana</i>	<i>Urdhva Prasarita Padasana</i>
<i>Dwi Pada Viparita</i>	<i>Parivrtta Janu Sirsasana</i>	<i>Utthita Hasta Padangusthasana</i>
<i>Eka Pada Rajakapotasana</i>	<i>Parivrtta Parsvakonasana</i>	<i>Vasisthasana</i>
<i>Eka Pada Sarvangasana</i>	<i>Parivrtta Trikonasana</i>	

Pranayama: *Anuloma, Bhastrika, Bhramari, Chandra Bheda, Kapalabhati, Kumbhaka, Nadi Sodhana, Pratiloma, Sitali, Sitkari, Surya Bheda, Viloma, Vrtti Pranayama*

Notes: Descriptions and spellings for the above list have been taken from *Light on Yoga* by B.K.S. Iyengar and may differ from other books and traditions. Common names have been added for those not found in this source.