



Yoga Asanas and Pranayama (Breathing Variations) LYTTC Trainees will Learn How to Teach

Supine

- savasana
- supta vajrasana
- supine forward bend
- supta padangusthasana I
- supta padangusthasana II
- supta padangusthasana III
- jatara parivartanasana I
- anantasana
- supine gomukhasana
- supine ardha padmasana
- supine padmasana
- matsyasana
- eka pada rajakapotasana Ia and Ib

Kneeling

- vajrasana
- vajrasana etc - with arms up behind- in cow - in eagle- in namaste behind
- pindasana
- gomukhasana
- virasana
- supta virasana
- krounchasana

Dog

- adho mukha svanasana
- urdva mukha svanasana
- bidalasana
- vasisthasana

Standing

- tadasana
- tadasana with side stretch
- trikonasana
- parsva konasana
- parivritta trikonasana
- parivritta Parsvakonasana

- virabhadrasana I
- virabhadrasana II
- virabhadrasana III
- vrksasana
- ardha baddha padmasana
- garudasana
- hasta padangusthasana I and II
- uttanasana
- prasaritta Padottanasana
- prasaritta padmottanasana standing with side stretch
- parsvottanasana
- ardha chandrasana
- parivritta ardha chandrasana
- natarajasana I and II

Squatting

- utkatasana
- malasana
- pasasana

Head Balances

- salamba sirsasana
- eka pada sirsasana
- parsva sirsasana
- salamba sirsasana II

Shoulderstand

- purvottanasana
- sarvangasana
- eka pada sarvangasana
- halasana
- parsva halasana
- karnapidasana

Hand Balances

- dwi hasta bhujasana
- bakasana
- ardho mukha vrksasana
- parsva bakasana

Sitting Balances

- paripurna navasana
- ardha navasana

Backarches

- salabhasana I and II
- makrasana
- bhujangasana
- ustrasana
- setu bandha sarvangasana
- purvottanasana
- urdhva dhanurasana

Twists

- parivritta vajrasana
- marischyasana I and III
- parivritta janu sirsasana
- parivritta upavistha konasana
- parivritta ardha padmasana
- parivritta padmasana
- ardha matsyendrasana

Tortoise Poses

- kurmasana
- yoga nidrasana

Sitting Poses and Lotus

- dandasana
- paschimottanasana
- triang mukhaikapada paschimottanasana
- janu sirsasana
- baddha konasana
- upavistha konasana
- sukhasana
- siddhasana
- swastikasana
- ardha padmasana
- padmasana

Sun Salute

- surya namaskar versions I ,II and III

Pranayama

- ujayii
- kapalabhati
- khumbhaka
- viloma on inhalation
- viloma on exhalation
- nadhi sodhana
- sitali

- yawning breath
- lion breath
- bramari
- AUM

(all variations as described in depth in the *Yoga Practice Handbook* by Chloe Fremantle)