

## LYTTC FINAL ASSESSMENT 2020

Please select six or seven asanas (the list is not in any particular order). Three of the asanas in blue and/or their preparatory stages, have to be covered in each 30 minute section of the class. You should each finish your teaching with a brief Savasana (2 – 3 minutes).

• bhujangasana	• virasana
• purvottanasana	• supta virasana
• parivritta parsvakonasana	• ardha baddha padmottanasana
• virabhadrasana III	• ardha chandrasana
• ardha padmasana I	• Utkatasana (full squat)
• Bakasana	• Sarvangasana
• Prep. for salamba sirsasana- (elbow dog or headstand base only)	• urdhva dhanurasana
• marichyasana I	• marichyasana III
• halasana	• parivritta trikonasana
• salabhasana II	• eka pada raja kapotasana Ib

Suggested additional asanas and preparations to choose from:

• foot and toe preparations	• supine hip preparations
• tadasana (& arm swings)	• prasarita padottanasana
• vajrasana & twist	• pindasana
• parsvottanasana	• salabhasana I
• bidallasana	• adho mukha svanasana
• setu bandha from the floor	• jatara parivartanasana (or variations)
• janu sirsasana	• baddha konasana
• upavistha konasana	• prasarita padottanasana
• uttanasana	• vrksasana
• trikonasana	• parsvakonasana
• virabhadrasana I & II	• setu bandha from the floor
• preparation for sarvangasana	• sukhasana
• dandasana	• paschimottanasana
• anantasana	