

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.

Level One Asanas And Pranayama

Asanas:

<i>Tadasana</i>	<i>Dandasana</i>
<i>Uttanasana</i>	<i>Paschimottanasana</i>
<i>Virabhadrasana I and II</i>	<i>Janu Sirsasana</i>
<i>Utthita Trikonasana</i>	<i>Supta Padangusthasana</i>
<i>Adho Mukha Svanasana</i>	<i>Sukhasana</i>
<i>Ardha Chandrasana</i>	<i>Savasana</i>
<i>Parsvottanasana</i>	<i>Ustrasana</i>
<i>Prasarita Padottanasana</i>	<i>Bhujangasana</i>
<i>Vrksasana</i>	<i>Dhanurasana</i>
<i>Utthita Parsvakonasana</i>	<i>Setu Bandhasana</i>
<i>Padangusthasana</i>	<i>Salabhasana</i>
<i>Utkatasana</i>	<i>Marichyasana I & III</i>
<i>Parighasana</i>	<i>Pasasana</i>
<i>Virasana</i>	<i>Bharadvajasana I</i>
<i>Urdhva Prasarita Padasana</i>	<i>Salamba Sarvangasana</i>
<i>Baddha Konasana</i>	<i>Viparita Karani</i>
<i>Gomukhasana</i>	<i>Halasana</i>

Pranayama:

complete breath
Ujjayi (stages 1,2,3 and 4) *
Viloma (stages 1&2) *

* See *Light on Yoga* , *Light on Pranayama*, *Yoga the Iyengar Way*, and *Yoga A Gem for Women*.

** Spellings for the above list have been taken from *Light on Yoga* by BKS Iyengar and may differ from other books.

Level Two Asanas And Pranayama

Asanas:

Parivrtta Trikonasana
Parivrtta Parsvakonasana
Utthita Hasta Padangusthasana
Garudasana
Urdhva Mukha Svanasana
Chaturanga Dandasana
Supta Virasana
Padmasana
Supta Baddha Konasana
Upavistha Konasana
Eka Pada Rajakapotasana

Paripurna Navasana
Urdhva Dhanurasana I
Dwi Pada Viparita Dandasana
Bharadvajasana II
Malasana
Marichyasana III
Salamba Sirsasana
Eka Pada Sarvangasana
Setu Bandha Sarvangasana
Adho Mukha Vrksasana

Asana Series:

Surya Namaskar

Pranayama:

*Ujjayi (stages 5 to *) **
*Viloma (stage 3) **

* See *Light on Yoga*, *Light on Pranayama*, *Yoga the Iyengar Way*, and *Yoga A Gem for Women*.

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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.