

Introductory Level Assessment Practice Sequence

Candidates will keep their own time. With the exception of the inversions the times given are meant to serve as a general guide for the overall timing.

No	Asanas	Description	Timing Guide s = seconds	Menstruation
1	Tadasana		45 s	
2	Gomukasana Arms – Tadasana		30 s each side	
3	Utthita Hasta Padangustasana I	To support	45 s – each side	Utthita Hasta Padangusthasana 2 – To support
4	Garudasana		30 s each side	Back to wall – sacrum resting to wall
5	Utthita Trikonasana		30 s each side	Support as needed
6	Utthita Parsvakonasana		45 s each side	Support as needed
7	Virabhadrasana I		45 s each side	Support as needed
8	<i>Uttanasana – resting</i>		30 s	Support as needed
9	Virabhadrasana II		45 s each side	Support as needed
10	Ardha Chandrasana		45 s each side	Support as needed
11	Virabhadrasana III		45 s each side	Support as needed
12	<i>Uttanasana – resting</i>		30 s	
13	Parivrtta Trikonasana		45 s each side	Utthita Trikonasana
14	Parivrtta Ardha Chandrasana	See YiA pl 13	45 s each side	Ardha Chandrasana
15	Parivrtta Parsvakonasana	Final	45 s each side	Utthita Parsvakonasana
16	Parsvotthanasana		45 s each side	Concave back
17	Prasarita Paddotthanasana		60 s	Concave back
18	Padahasthasana		30 s	Concave back
19	Uttanasana	Full extension	30 s	Concave back, blocks as required
20	Utkatasana		30 s	Back to wall
21	Parighasana		30 s each side	
22	Parvatasana in Virasana		15 s each side	
23	Supta Virasana		3 min	
24	<i>Adho Mukha Virasana</i>	Transition only	10–15 s	
25	Salamba Sirsasana	Support as required	5 min	Viparita Dandasana: 5 min. Supported on Bench or X-bolsters – crown of head down
26	<i>Adho Mukha Virasana</i>	Transition only	10–15 s	
27	Adho Mukha Svanasana		30 s	Support as needed

No	Asanas	Description	Timing Guide s = seconds	Menstruation
28	Chaturanga Dandasana		15 s	Dwi Pada Viparita Dandasana 3–5 min On chair – Legs parallel to floor – Head supported.
29	Urdhva Mukha Svanasana		30 s	
30	Salabhasana		15 s	
31	Dhanurasana		20 s	
32	Ustrasana		30 s	
33	Urdhva Dhanurasana	From chair	x 2 each	
34	Dwi Pada Viparita Dandasana	On chair – Legs parallel to floor – See GFW pl 148–149 to capacity	2–3 min	
35	<i>Adho Mukha Svanasana</i>	Transition	15 s	
36	Bharadvajasana I	Final	30 s each side	Bharadvajasana I
37	Marichyasana 3		30 s each side	Bharadvajasana II
38	Ardha Matsyendrasana I	Preparatory – learning to sit on foot – Wall/foot support	30 s each side	Marichyasana 1 – Twist only
39	Parvatasana in Swastikasana		30 s each side	
40	Siddhasana		30 s each side	
41	Dandasana		30 s	
42	Janu Sirsasana		30 s each side	Head support
43	Triang Mukhaikapada Pachimottonasana		30 s each side	Head support
44	Paschimottonasana		1 minute	Head support
45	Upavistha Konasana	Upright – hands by hips	1 minute	
46	Baddha Konasana	Upright – hands by hips	1 minute	
47	Malasana I	Heels down. Support as needed – see LOY pl. 317	45 s	
48	Ardha Navasana		20 s	Supta Baddha Konasana – with support 4–5 min
49	Urdhva Prasarita Padasana	90 °		
50	Supta Padangustasana I and II		30 s each side	Supta Padangusthasana 2 <i>only</i> – with support 1 minute each side
51	Chatushpadasana		45 s repeat x 2–3	
52	Salamba Saravangasana I		5 min	Supta Swastikasana – supported 4 min

No	Asanas	Description	Timing Guide s = seconds	Menstruation
53	Halasana		2 min	Setu Bandha Sarvangasana – Supported 4 min
54	Karnipidasana		30 s	
55	Eka Pada Saravangasana		30 s each side	
56	Parsvaika Pada Saravangasana		30 s each side	
57	Parsva Halasana		30 s each side	
58	Supta Konasana		30 s	
59	Setu Bandha Saravangasana	Feet to support of wall, hands on back	1 minute	Adho Mukha Swastikasana – Head supported
60	Adho Mukha Swastikasana			
61	Savasana	Setup for Pranayama	7 min	
	Pranayama	Time changes will be called by the Moderator		
62	Bhramari 1A and 1B, 2A and 2B	See LOP Ch 21 Table	2–3 cycles each	
63	Ujjayi 1–4		8 minutes	
64	Viloma 1–3		6 minutes	
65	Savasana		5 minutes	

Key to reference texts

- Light on Yoga (LOY)
- Light on Pranayama (LOP) by B.K.S. Iyengar
- Yoga: A Gem for Women (GFW) by Geeta S. Iyengar
- Yoga in Action – Preliminary course (YiA-Pre) by Geeta S. Iyengar
- Yoga in Action – Intermediate course (YiA-Int) by Geeta S. Iyengar
- Reference Plates: Light on Yoga – unless otherwise noted.