



# IYT® STUDIES

## IYT®-INTERNATIONAL YOGA TEACHER 500 HOURS

Highlighting a Key Text of Yoga Philosophy  
Different Styles of Yoga, What Is Right for You?  
General Spine and Lower Back Pain: Overview  
Key Movements of the Spine  
Pranayama, Meditation & Restoratives: The Foundation for Relaxation

### Asana Index

#### Standing Poses

Tadasana  
Utthita Hastasana  
Vrksasana  
Virabhadrasana I  
Virabhadrasana II  
Virabhadrasana III  
Uthita Parsvakonasana  
Trikonasana  
Parsvottanasana  
Parivrtta Trikonasana  
Parivrtta Parsvakonasana  
Prasarita Padottanasana  
Utthita Padangusthasana

#### Supine

Apanasana  
Eka Pada Apanasana  
Supta Padangusthasana  
Savasana

#### Seated Poses

Dandasana  
Janu Sirsasana  
Marichyasana A,C  
Matsyendrasana  
Paschimottanasana  
Upavista Konasana  
Baddha Konasana

#### Backbends

Setu Bandha  
Ustrasana  
Urdvha Dhanurasana  
Dhanurasana

#### Forward Bends

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Janu Sirsasana  
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Uttanasana

#### Twists

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Marichyasana  
Marichyasana  
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#### Arm Balances

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Ardha Catruanga  
Caturuanga  
Parivrtta Bakasana

#### Inversions

Salamba Sarvangasana  
Sirsasana  
Adho Mukha Svanasana  
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Pinca Mayurasana

#### Restoratives

Supta Baddha Konasana  
Viparita Karani  
Setu Bandha Sarvangasana  
Supta Virasana

### Asana Index Program for IYT®-International Yoga Teacher 500 hours

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Adho Mukha Vrksasana	Prana Vayus
Anandamaya Kosha	Pranayama
Annamaya Kosha	Prasarita Padottanasana
Apanasana	Salabhasana
Ardha Chaturanga	Salamba Sarvangasana
Ardha Matsyendrasana	Savasana
Ardha Uttanasana	Setu Bandha
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Baddha Konasana	Supta Baddha Konasana
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Benefits of yoga	Supta Padangusthasana
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Chaturanga Dandasana	Upavista Konasana
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Eka Pada Rajakapotasana	Utthita Hasta Padangusthasana
Eka Pada Uttanpadasana	Utthita Parsvakonasana,
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Gomukhasana	Viparita Karani
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Key movements of the spine	Yoga therapy
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Parighasana	
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Parivrtta Trikonasana	
Parsvottanasana	
Paschimottanasana	
Patanjali	



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