



IYT® -International Yoga Teacher 500 hours(Master Level) Asana List

Ashtanga
surya namaskara A
1



Ashtanga opening chant
om vande gurunam charanaravinde
sandarshita svatmasukhavabodhe
nisthreyase jangalkayamane
samsara halahala mohashantyal

abahu purushakaram
shanka chakrasi dharinam
sahasra sirasam svetam
pranamami patanjali om

Ashtanga closing chant
om svasthi praja bhayah
shubhamastu niyam
nyayena margena
mahim mahishaha

go brahmanebhyaha
shubhamastu niyam
loka samasta sukhino bhavantu
om shanti shanti shanti

Posture:
Breathing:
Drift/gazing point:

Samasthiti	Urdhva Hastasana	Uttanasana A	Uttanasana B	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Uttanasana B	Uttanasana A	Urdhva Hastasana	Samasthiti
nose	inhale thumbs	exhale nose	inhale 3rd eye	exhale nose	inhale nose	exhale + 5 breaths navel	inhale 3rd eye	exhale nose	inhale thumbs	exhale nose

Ashtanga
surya namaskara B
2



Samasthiti	Utkatasana	Uttanasana A	Uttanasana B	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabhadrasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Virabhadrasana A	Chaturanga Dandasana	Urdhva Mukha Svanasana	Adho Mukha Svanasana	Uttanasana B	Uttanasana A	Utkatasana	Samasthiti
nose	inhale thumbs	exhale nose	inhale 3rd eye	exhale nose	inhale nose	exhale + 5 breaths navel	inhale thumbs	exhale nose	inhale nose	exhale + 5 breaths navel	inhale thumbs	exhale nose	inhale nose	inhale 3rd eye	exhale nose	inhale thumbs	exhale nose	

Ashtanga
standing sequence
3



Padangusthasana	Pada Hastasana	Uthitha Trikonasana	Parivrtta Trikonasana	Uthitha Parsvakonasana	Parivrtta Parsvakonasana	Prasarita Padottanasana A	Prasarita Padottanasana B	Prasarita Padottanasana C	Prasarita Padottanasana D	Parsvottanasana	Uthitha Hasta Padangusthasana	Uthitha Hasta Padangusthasana A	Uthitha Hasta Padangusthasana B	Uthitha Hasta Padangusthasana C	Artha Badha Padmottanasana	Utkatasana	Virabhadrasana A	Virabhadrasana B
5 breaths nose	5 breaths nose	5 breaths hand	5 breaths hand	5 breaths hand	5 breaths hand	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths nose	5 breaths nose	1 breath toes	5 breaths toes	5 breaths side	5 breaths side	5 breaths nose	5 breaths thumbs	5 breaths upwards	5 breaths hand

Ashtanga
seated sequence
4



Paschimattanasana A	Paschimattanasana B	Paschimattanasana C	Paschimattanasana D	Purvottanasana	Artha Badha Padma Paschimattanasana	Tirya Mukha Eka Pada Paschimattanasana	Janu Sirasana A	Janu Sirasana B	Janu Sirasana C	Marichyasana A	Marichyasana B	Marichyasana C	Marichyasana D	Navasana x 5	Jump around	Bhujapidasana	Kurmasana
5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths nose	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths toes	5 breaths side	5 breaths side	5 breaths side	5 breaths nose/toes	inhale nose	5 breaths nose	5 breaths 3rd eye

Ashtanga
seated sequence
5



Supta Kurmasana	Garbha Pindasana	Kukkutasana	Baddha Konasana	Upavistha Konasana A	Upavistha Konasana B	Supta Konasana	Supta Padangusthasana	Ubhaya Padangusthasana	Urdhva Mukha Paschimattanasana	Setu Bandhasana
5 breaths 3rd eye	5 breaths then roll nose	5 breaths nose	inhale nose	5 breaths nose	5 breaths nose	5 breaths navel	inhale nose	exhale nose	5 breaths nose	5 breaths nose

Ashtanga
finishing sequence
6



Urdhva Dhanurasana x 3	Paschimattanasana	Salamba Sarvangasana	Halasana	Karnapidasana	Urdhva Padmasana	Pindasana	Mathsyasana	Uttana Padasana	Sirsasana	Balasana	Yoga Mudra	Padmasana	Utpluthi	Take rest
5 breaths nose	10 breaths toes	25 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose	8 breaths nose/3rd eye	8 breaths nose	25 breaths nose	10 breaths nose	10 breaths 3rd eye	25 breaths nose	10 breaths nose	eyes closed



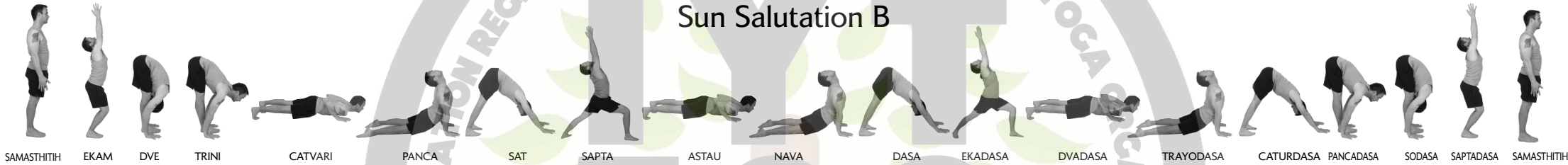


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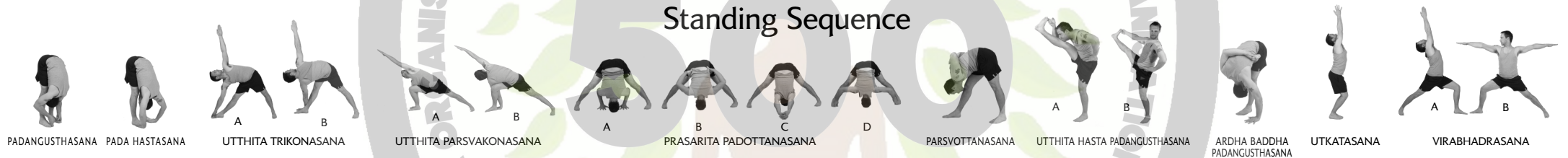
Sun Salutation A



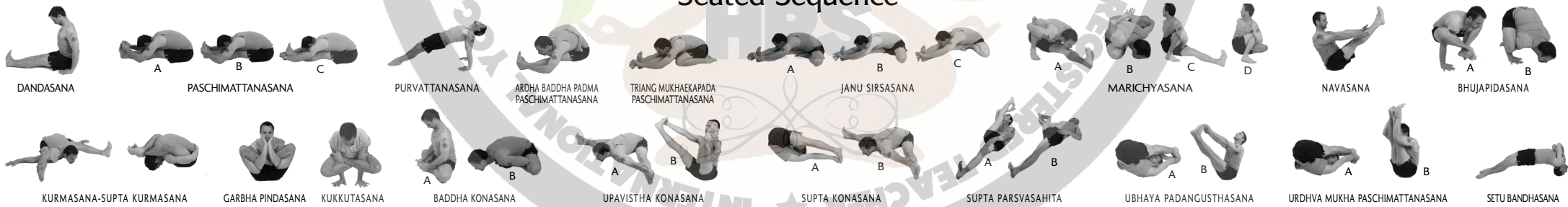
Sun Salutation B



Standing Sequence



Seated Sequence



Finishing Sequence

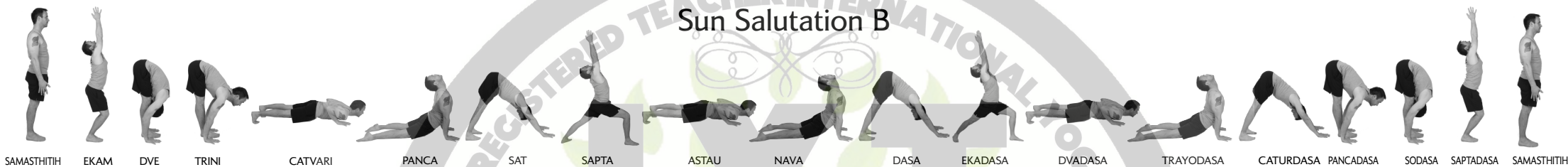




Sun Salutation A



Sun Salutation B



Standing Sequence



Intermediate Sequence



Finishing Sequence





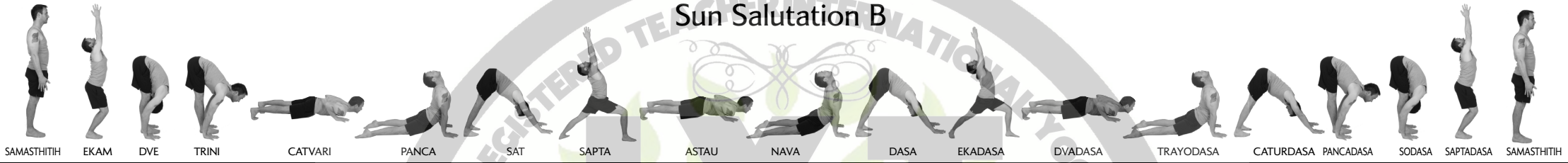
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Asana List

Sun Salutation A



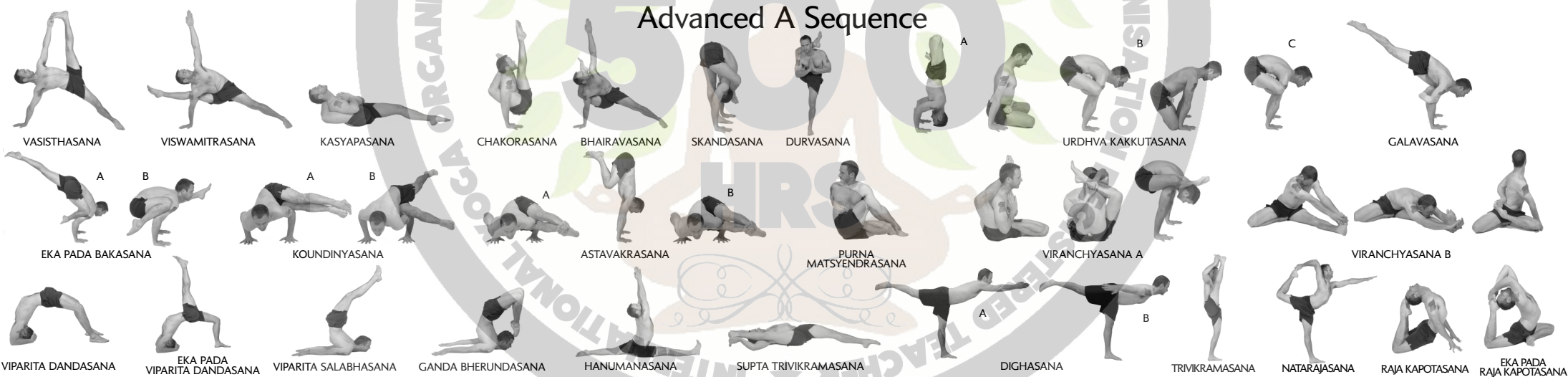
Sun Salutation B



Standing Sequence



Advanced A Sequence



Finishing Sequence



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