



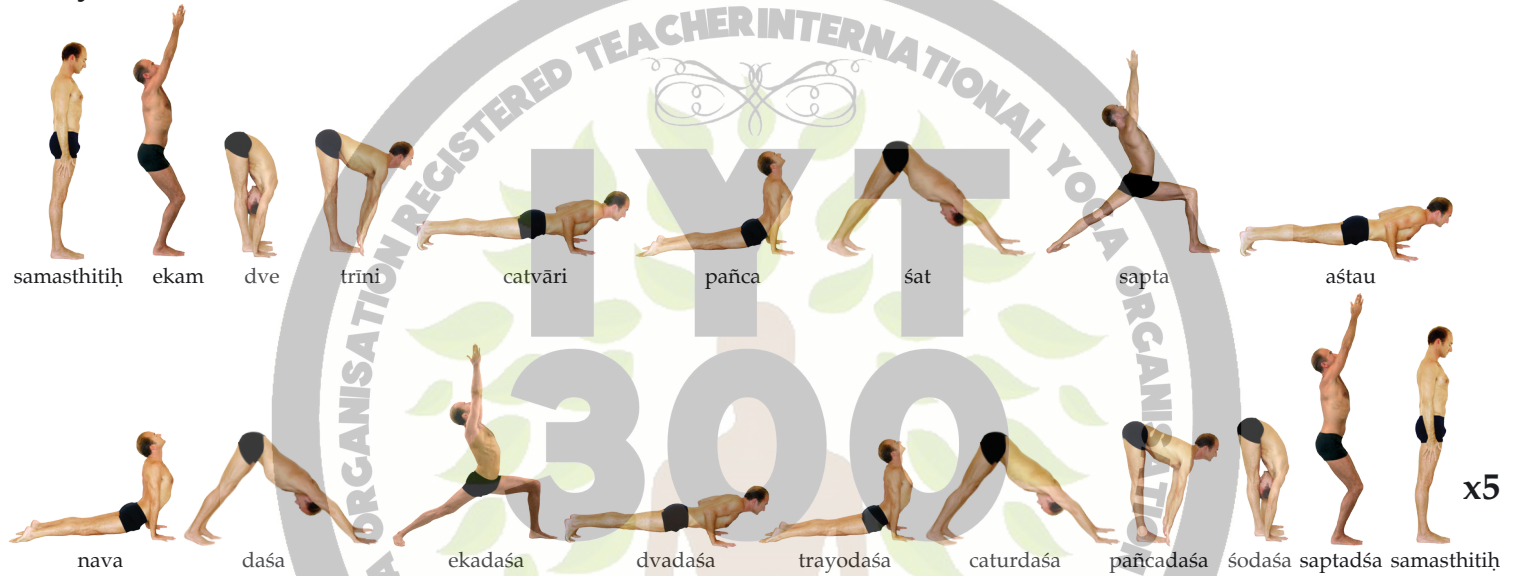
IYT®-International Yoga Teacher 300 hours(Advance Level)

By IYO® International Yoga Organisation

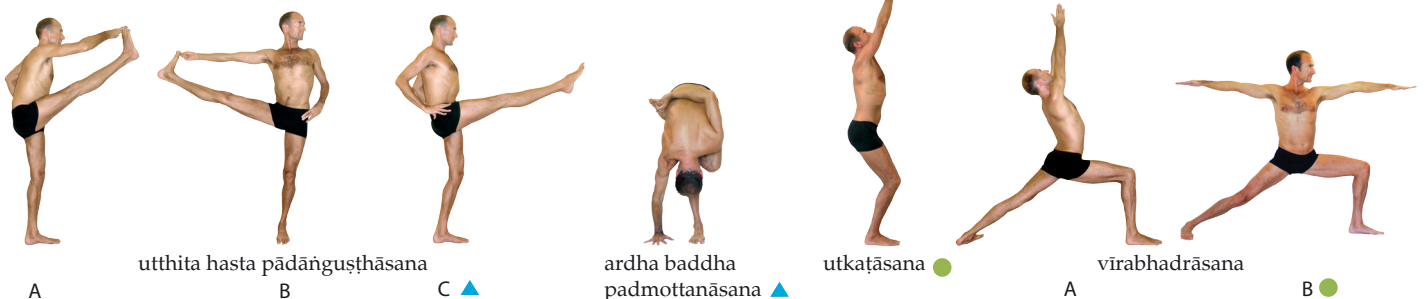
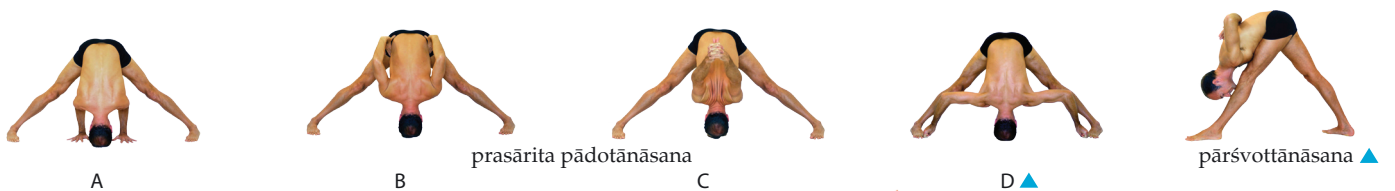
Sūrya Namaskara A



Sūrya Namaskara B



Standing asanas



By IYO® International Yoga Organisation

Primary series



dandasana



A



B



pūrvattānāsana



ardha baddha padma pascimattānāsana



triangmukhaikapāda pascimattānāsana



A



B



C



A



B



C



D



nāvāsana (5x5 breaths)



Prepare



bhujapīdāsana



kūrmāsana



suptakūrmāsana



garbhapiṇḍāsana



kukkuṭāsana



A



B



A



B



suptakoṇāsana



A



B



Prepare

ubhaya pādāṅguṣṭhāsana



Prepare

ūrdhva mukha pascimattānāsana



setubandhāsana

Backbending



ūrdhva dhanurāsana (3x5 breaths)



A



B

Backbending Dropbacks for experienced students



C



D

samasthiṭh



pascimattānāsana (10)

Finishing asanas



sarvāṅgāsana (25)



halāsana (8)



karnapīdāsana (8)



ūrdhva padmāsana (10)



piṇḍāsana (10)



matsyāsana (10)



uttāna pādāsana (10)



A (25)



śīrṣāsana B (10)



C



rest



baddha-padmāsana Prepare



yogamudrā (10)



padmāsana (10+)



utpluṭiḥ (10)



prayer



rest (10-15min)