

# Anusara Yoga Level I Syllabus

The Anusara yoga level I syllabus is comprised of the most fundamental asanas within the main postural classifications—standing poses, forward bends, hip-openers, twists, inversions, backbends, handbalancings, supine poses, restoratives, and warm-ups. All of these poses should be taught to students within their first year of practice.

Anusara yoga divides a total of over 330 poses into three syllabi—levels I, II, and III, which encompass all major asanas. The syllabi were updated in May, 2006. Many of the asanas have variations based on changes in arm and/or leg positions, yet these variations are generally not listed in the syllabi. The designations of the syllabi as levels I, II, or III do not necessarily correspond to the class levels at different Anusara yoga studios.

## Standing

1. Tadasana - a) hands in Anjali Mudra
2. Uttanasana
3. Parsva Uttanasana
4. Prasarita Padottanasana - a) hands clasped behind back
5. Utthita Parsvakonasana
6. Virabhadrasana II
7. Utthita Trikonasana
8. Lunge pose - a) straight leg b) bent leg
9. Twisting Lunge pose – knee on floor
10. Virabhadrasana I
11. Ardha Chandrasana
12. Parsvottanasana - a) hands on floor b) hands on hips  
c) hands in reverse Anjali Mudra
13. Parivrtta Trikonasana
14. Parivrtta Parsvakonasana
15. Vrksasana – a) arms overhead
16. Utthita Hasta Padangusthasana - a) top knee bent in front b) top leg straight  
c) lifted leg to side

## Sitting Poses, Forward Bends, and Hip-openers

1. Virasana
2. Sukhasana
3. Siddhasana - a) open – one foot in front of the other
4. Ardha Padmasana
5. Baddha Konasana
6. Eka Pada Rajakapotasana prep. - a) with torso lifted
7. Janu Sirsasana
8. Triangmukhaipada Paschimottanasana
9. Marichyasana I
10. Upavistha Konasana
11. Parsva Upavistha Konasana
12. Baby Cradle (leg to the chest)
13. Agnistambhasana – (Fire Log pose) – a) forward bend
14. Paschimottanasana
15. Krounchasana
16. Navasana

## Sitting Twists

1. Parivrtta Sukhasana
2. Parivrtta Marichyasana I - a) hands bound
3. Marichyasana III - a) hands bound
4. Bharadvajasana I
5. Bharadvajasana II
6. Ardha Matsyendrasana I - a) stretching the arms

## Inversions

1. Sirsasana I
2. Sirsasana II
3. Sarvangasana
4. Halasana

## Backbends

1. Salabhasana - a) torso elevated, legs down b) hands clasped
2. Bhujangasana - a) arms straight
3. Urdhva Mukha Svanasana
4. Eka Pada Bhekasana
5. Dhanurasana
6. Eka Pada Rajakapotasana I prep. – one leg in Bhekasana
7. Eka Pada Rajakapotasana II prep. – one leg in Bhekasana
8. Supta Virasana
9. Purvottanasana
10. Ustrasana
11. Setubandha Sarvangasana
12. Urdhva Dhanurasana

## Handbalancings

1. Adho Mukha Vrksasana
2. Vasisthasana - a) one leg bent, foot on floor in front b) legs together  
c) leg in Vrksasana d) holding top foot
3. Wild Thing pose
4. Bakasana
5. Eka Hasta Bhujasana
6. Astavakrasana

## Supine

1. Supta Padangusthasana prep. - a) bottom leg bent b) lifted knee bent  
c) holding the back of the lifted leg
2. Supta Padangusthasana - a) forehead to shin b) leg to side  
c) twist, top knee bent d) twist, both legs straight e) knee to floor f) baby cradle
3. Dwi Pada Yogadandasana (Happy Baby pose)
4. Sucirandhrasana (Eye of the Needle pose)
5. Supta Balasana

6. Windshield Wipers
7. Jathara Parivartansana - a) knees bent b) legs straight
8. Savasana

## Miscellaneous

1. Adho Mukha Svanasana
2. Chaturanga Dandasana
3. 8-Point Prone Pose (Knees-chest-chin pose)
4. Cat-Cow pelvic tilts
5. Cat variations (opposite leg and arm)
6. Parvatasana
7. Tadasana (hands bound)
8. Standing Eka Pada Bhekasana (thigh stretch)
9. Brighid's Cross = a) legs straight
10. Standing Crescent - a) balancing on one leg

## Restoratives

1. Adho Mukha Svanasana – head supported
2. Uttanasana – head supported
3. Sirsasana – a) hanging b) head between two chairs
4. Sarvangasana – a) chair with bolsters supporting legs b) shoulders on bolster, feet backward to wall.
5. Halasana – a) feet to wall b) feet on chair c) legs on chair or bench
6. Viparita Karani
7. Setubandha Sarvangasana – a) blocks under sacrum and heels b) bolster
8. horizontal across sacrum c) cross bolsters d) bench or bolsters
9. supporting torso and legs, shoulders on blankets
10. Supta Sukhasana – belt around legs, lying on bolsters
11. Supta Matsyasana – belt around legs, lying on bolsters a) Ardha Padmasana
12. Supta Ardha Virasana – supported on bolsters
13. Supta Virasana – supported on bolsters
14. Supta Baddha Konasana – a) supported by length-wise bolsters

15. b) horizontal bolsters c) pelvis and feet elevated on bolsters
16. Supported seated forward bends – support chest, belly with blankets,
17. bolsters; support under forehead, blocks/support under elbows
18. Dying Warrior Pose – supported with bolsters a) legs straight (Adho Mukha
19. Parivrtta Trikonasana)
20. Supported Balasana – supported with bolsters a) bolsters suspended
21. between two chairs – sitting in a chair, bending forward onto the bolster.
22. Pasasana – sitting on Setubandha bench supported with bolsters
23. Viparita Dandasana – a) over backbender b) over a chair, feet on a wall,
24. rolled blanket under lumbar, head on bolster

### Basic Warm-Ups

1. Cat-Cow
2. Cat variations – one leg, one arm
3. Parvatasana – standing
4. Hands clasped behind the back while standing
5. Ardha Uttanasana with hands on a wall
6. Standing thigh stretch – standing Eka Pada Bhekasana
7. Crescent pose – standing
8. Facing a wall w/arm out to the side and palm facing up
9. Lying supine over a rolled blanket – across upper back

## Level II Syllabus

### Standing Poses

1. Vrksasana – Half Lotus
2. Garudasana
3. Reverse Virabhadrasana II
4. Parighasana
5. Parivrtta Uttanasana
6. Parsvakonasana - a) arm underneath leg, wrist clasped  
b) forward bend - hands clasped behind back
7. Urdhva Prasarita Ekapadasana
8. Ardha Chandrachapasana
9. Parivrtta Ardha Chandrasana
10. Parivrtta Ardha Chandrachapasana
11. Virabhadrasana III
12. Natarajasana – holding ankle (Baby Dancer pose)
13. Hasta Padangusthasana - a) forward bend with lifted leg horizontal  
b) hands on hips
14. Parivrtta Hasta Padangusthasana
15. Utkatasana

### Sitting Forward Bends and Hip-openers

1. Vajrasana
2. Gomukhasana – feet separated - a) forward bend
3. Longhorn Pose
4. Padmasana
5. Eka Pada Rajakapotasana prep. - a) front foot in center, front shin in front plane  
b) shoulder in arch of front foot c) twisting forward bend - shoulder to knee
6. Eka Pada Gomukha Paschimottanasana
7. Omega Pose
8. Baddha Konasana with forward bend

9. Ardha Baddha Padma Paschimottanasana
10. Marichyasana II
11. Malasana I – arms in front
12. Malasana II – holding ankles
13. Malasana III – hands bound
14. Akarna Dhanurasana I
15. Akarna Dhanurasana II
16. Surya Yantrasana (Sundial pose)
17. Ubhaya Padangusthasana
18. Urdhva Mukha Paschimottanasana I
19. Urdhva Mukha Paschimottanasana II
20. Ardha Navasana
21. Hanumanasana

### Sitting Twists

1. Parivrtta Virasana
2. Pasasana
3. Parivrtta Padmasana
4. Parivrtta Janu Sirsasana
5. Parivrtta Upavistha Konasana
6. Parivrtta Balasana

### Inversions

1. Parsva Sirsasana
2. Parsva Sirsasana in Virasana
3. Parivrttaikapada Sirsasana
4. Eka Pada Sirsasana
5. Parsvaika Pada Sirsasana
6. Urdhva Dandasana in Sirsasana
7. Sarvangasana II – hands clasped / arms straight
8. Parsva Halasana

9. Eka Pada Sarvangasana
10. Parsvaika Pada Sarvangasana
11. Supta Konasana in Sarvangasana
12. Karna Pindasana in Sarvangasana
13. Parsva Karna Pindasana in Sarvangasana

## Backbends

1. Ardha Salabhasana – one leg elevated
2. Viparita Salabhasana prep. – both legs elevated, torso down
3. Makarasana
4. Eka Pada Dhanurasana – on all-fours - a) holding opposite foot
5. Mermaid Pose I
6. Mermaid Pose II
7. Eka Pada Dhanurasana
8. Eka Hasta Ustrasana – one arm overhead
9. Eka Hasta Laghuvajrasana
10. Paryankasana
11. Matsyasana
12. Supta Vajrasana
13. Uttana Padasana
14. Anjaneyasana
15. Urdvha Eka Pada Bhekasana
16. Bhekasana
17. Rajakapotasana prep – shins vertical
18. Rajakapotasana - a) hands to knees
19. Urdhva Dhanurasana – drop-back
20. Eka Hasta Urdhva Dhanurasana – one hand to knee
21. Eka Pada Urdhva Dhanurasana
22. Dwi Pada Viparita Dandasana - a) head off the floor, knees bent  
b) head off the floor, legs straight c) head on the floor, legs straight
23. Eka Pada Viparita Dandasana I - a) head off the floor, knees bent

b) head on the floor, legs straight

24. Eka Pada Viparita Dandasana II
25. Eka Pada in Bhikasana in Ustrasana
26. Kapotasana - a) arms straight
27. Vrischikasana I – on forearms - a) feet on chair
28. Eka Padangustha Dhanurasana
29. Padangustha Dhanurasana
30. Eka Pada Rajakapotasana I
31. Eka Pada Rajakapotasana II
32. Natarajasana - a) Teardrop pose

## Handbalancings

1. Pincha Mayurasana
2. Lolasana
3. Dwi Hasta Bhujasana
4. Bujapidasana
5. Tittibhasana
6. Tolasana
7. Galavasana
8. Parsva Bakasana
9. Eka Pada Bakasana I
10. Eka Pada Bakasana II
11. Eka Pada Koundinyasana I
12. Eka Pada Koundinyasana II
13. Dwi Pada Koundinyasana
14. Eka Pada Galavasana
15. Visvamisrasana
16. Kasyapasana
17. Baby Kapinjalasana
18. Mayurasana - a) in Padmasana
19. Hamsasana - a) in Padmasana

## 20. Eka Hasta Mayurasana

### Supine & Miscellaneous

1. Urdhva Prasarita Padasana
2. Anantasana - a) holding foot of lifted leg
3. Eka Pada Supta Virasana - a) bent knee toward chest  
b) lifted straight leg c) leg to side

### Restoratives

1. Adho Mukha Svanasana – head supported
2. Uttanasana – head supported
3. Sirsasana - a) hanging b) head between two chairs
4. Sarvangasana - a) chair with bolsters supporting legs b) shoulders on bolster,  
c) feet backward to wall.
5. Halasana - a) feet to wall b) feet on chair c) legs on chair or bench
6. Viparita Karani
7. Setubandha Sarvangasana - a) blocks under sacrum and heels  
b) bolster horizontal across sacrum - c) cross bolsters  
d) bench or bolsters supporting torso and legs, shoulders on blankets
8. Supta Sukhasana – belt around legs, lying on bolsters
9. Supta Matsyasana – belt around legs, lying on bolsters - a) Ardha Padmasana
10. Supta Ardha Virasana – supported on bolsters
11. Supta Virasana – supported on bolsters
12. Supta Baddha Konasana - a) supported by length-wise bolsters b) horizontal  
bolsters - c) pelvis and feet elevated on bolsters
13. Supported seated forward bends – support chest, belly with blankets, bolsters;  
support under forehead, blocks/support under elbows
14. Dying Warrior Pose – supported with bolsters  
a) legs straight (Adho Mukha Parivrtta Trikonasana)
15. Balasana – supported with bolsters a) bolsters suspended between two chairs –
16. Sitting in a chair, bending forward onto the bolster.

17. Pasasana – sitting on Setubandha bench supported with bolsters
18. Viparita Dandasana - a) over backbender b) over a chair, feet on a wall, rolled Blanket under lumbar, head on bolster

## Level III Syllabus

### Standing Poses

1. Deep Uttanasana – bending through the legs, arms wrapped around the back
2. Ardha Baddha Padmottanasana - a) holding lotus foot
3. Vatayanasana
4. Gorakhasana
5. Tiptoe Pose - a) one leg straight out
6. Parivrtta Parsvakonasana – hands bound
7. Parivrtta Trikonasana – arm around front leg, wrist clasped
8. Parivrtta Ardha Chandrasana – arm around front leg, wrist clasped
9. Parivrtta Svarga Dvijasana (revolved Bird of Paradise pose)
10. Svarga Dvijasana (Bird of Paradise pose)
11. Surya Yantrasana (Standing Sundial pose)
12. Utthita Trivikramasana (Standing Split)
13. Vrksasana – backbend

### Sitting Forward Bends and Hip-openers

1. Gomukhasana – feet together
2. Garbha Pindasana
3. Yoga Mudrasana
4. Yogadandasana - a) hands bound
5. Eka Pada Sirsasana
6. Skandasana
7. Supta Trivikramasana
8. Bhairavasana
9. Buddhasana
10. Kapilasana
11. Durvasasana

12. Ruchikasana
13. Viranchyasana I
  
14. Viranchyasana II
15. Dwi Pada Sirsasana
16. Kurmasana
17. Supta Kurmasana
18. Yoganidrasana
19. Ardha Mulabandhasana - a) forward bend
20. Dwi Pada Yogadandasana – (Bug pose)
21. Mulabandhasana
22. Vamadevasana I
23. Vamadevasana II
24. Kandasana
25. Samakonasana
26. Baddha Padmasana

### Sitting Twists

1. Parivrtta Paschimottanasana
2. Ardha Matsyendrasana II
3. Marichyasana IV
4. Ardha Matsyendrasana III
5. Paripurna Matsyendrasana
6. Parivrtta Krounchyasana

### Inversions

1. Padmasana in Sirsasana
2. Parsva Padmasana in Sirsasana
3. Pindasana in Sirsasana
4. Sirsasana III
5. Baddha Hasta Sirsasana
6. Mukha Hasta Sirsasana
7. Prasarita Hasta Sirsasana – arms straight, hands wide out to the sides

a) in Padmasana

8. Niralamba Sirsasana
9. Niralamba Sarvangasana I
10. Niralamba Sarvangasana II
11. Parsva Sarvangasana – a) in Padmasana
12. Uttana Mayurasana
13. Eka Pada Uttana Mayurasana
14. Pindasana
15. Parsva Pindasana
16. Uttana Padma Mayurasana

## Backbends

1. Bhujangasana II
2. Simhasana II
3. Dwi Anga Urdhva Dhanurasana – one arm, one leg
4. Kapinjalasana in Urdhva Dhanurasana
5. Chakra Bandhasana - a) hands to chin
6. Laghuvajrasana - a) arms straight
7. Supta Bhikasana
8. Setubandhasana – on forehead, arms crossed at chest
9. Eka Pada Kapotasana - a) bent knee b) straight leg to floor c) lifted leg
10. Mandalasana
11. Eka Pada Rajakapotasana III
12. Eka Pada Rajakapotasana IV
13. Valakhilyasana
14. Vrischikasana II – handstand
15. Eka Pada Vrischikasana II
16. Viparita Chakrasana from Urdhva Dhanurasana
17. Gherandasana I – one leg in Bhikasana and the other in Padangusthasana
18. Gherandasana II – one leg and arm in Ardha Baddha Padmasana
19. Kapinjalasana - a) arm across chin, holding foot

20. Viparita Salabhasana - a) feet on head
21. Ganda Bherundasana
22. Eka Pada Ganda Bherundasana
23. Viparita Salabhasana
24. Sirsa Padasana
25. Tiriang Mukhottanasana

### Handbalancings

1. Kukkutasana
2. Padmasana in Adho Mukha Vrksasana
3. Urdhva Kukkutasana
4. Parsva Kukkutasana - a) hand to chin
5. Chakorasana
6. Kala Bhairavasana
7. Padmasana in Pincha Mayurasana
8. Karanda Vasana - Pidasana in Pincha Mayurasana
9. Shyanasana
10. Eka Hasta Adho Mukha Vrksasana (one-handed handstand)
11. Dragonfly - a) hand to chin a) Traditional b) Hand to chin