

## Introductory Level Assessment Practice Sequence 1

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 (s = seconds)

No	Asana	Description	Timing guide	Menstruation variations
1	Tadasana		45 s	
2	Gomukhasana arms — Tadasana		30 s each side	
3	Utthita Hasta Padangusthasana I	To support	45 s each side	Utthita Hasta Padangusthasana 2— To support
4	Vrksasana		30 s each side	Vrksasana
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	Uttanasana — resting		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	Uttanasana — resting		30 s	
13	Parivrtta Trikonasana		45 s each side	Utthita Trikonasana
14	Parivrtta Ardha Chandrasana	See YiA-Pre pl.13	45 s each side	Ardha Chandrasana
15	Parivrtta Parsvakonasana	Final	45 s each side	Utthita Parsvakonasana
16	Parsvottanasana		45 s each side	Concave back
17	Prasarita Padottanasana		60 s	Concave back
18	Padangusthasana		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	With/without support	3 minutes	With support
24	Adho Mukha Virasana	Transition only	10–15 s	
25	Salamba Sirsasana	Support as required	5 minutes	Viparita Dandasana: 5 minutes. Supported on Bench <i>or</i> X- bolsters-crown of head down
26	Adho Mukha Virasana	Transition only	10–15 s	
27	Adho Mukha Svanasana		30 s	Support as needed
28	Chaturanga Dandasana		15 s	
29	Urdhva Mukha Svanasana		30 s	
30	Bhujangasana		20 s	
31	Dhanurasana		20 s	
32	Ustrasana		30 s	
33	Urdhva Dhanurasana	From chair and floor	x 2 each	
34	Dwi Pada Viparita Dandasana	On Chair — Legs parallel to floor — See GFW pl.148-149 to capacity	2–3 minutes	
35	Adho Mukha Svanasana	Transition	15 s	
36	Bharadvajasana II	Final	30 s each side	Bharadvajasana I
37	Marichyasana III	Elbow bent — See LOY pl. 301	30 s each side	Bharadvajasana II

No	Asana	Description	Timing guide	Menstruation variations
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	Marichyasana I	Bend forward with hands entwined	30 s each side	Head support — hands holding foot — not entwined
44	Paschimottanasana		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	Supta Baddha Konasana — with Support: 3–5 minutes
48	Paripurna Navasana		20 s	
49	Urdhva Prasrita Padasana	90°	20 s	
50	Supta Padangusthasana 1 and 2		30 s each side	Supta Padangusthasana 2 only— with support 2 minutes each side
51	Chatushpadasana		45 s	
52	Salamba Sarvangasana I		5 minutes	Supta Swastikasana —with support 3 minutes
53	Halasana		2 minutes	
54	Karnapidasana		30 s	Setu Bandha Sarvangasana — Supported 4 minutes
55	Eka Pada Sarvangasana		30 s each side	
56	Parsvaika Pada Sarvangasana		30 s each side	
57	Parsva Halasana		30 s each side	
58	Supta Konasana		30 s	
59	Setu Bandha Sarvangasana	Feet to support of wall or bench, hands on back	45 s	Adho Mukha Swastikasana — Head supported
60	Adho Mukha Swastikasana			
61	Savasana	Setup for Pranayama	7 minutes	
<b>Savasana</b> will commence at 1hr 45mins			<b>Time changes will be called by the Moderator</b>	
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	

## Introductory Level Assessment Practice Sequence 2

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. (s = seconds)

No	Asana	Description	Timing guide	Menstruation variations
1	Tadasana		45 s	
2	Gomukhasana arms — Tadasana		30 s each side	
3	Utthita Hasta Padangusthasana I	To support	45 s each side	Utthita Hasta Padangusthasana 2— To support
4	Garudasana		30 s each side	Garudasana — 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	Uttanasana —resting		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	Uttanasana — resting		30 s	
13	Parivrtta Trikonasana		45 s each side	Utthita Trikonasana
14	Parivrtta Ardha Chandrasana	See YiA-Pre pl.13	45 s each side	Ardha Chandrasana
15	Parivrtta Parsvakonasana	Final	45 s each side	Utthita Parsvakonasana
16	Parsvottanasana		45 s each side	Concave back
17	Prasarita Padottanasana		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 minutes	
24	Adho Mukha Virasana	Transition only	10-15 s	
25	Salamba Sirsasana	Support as required	5 minutes	Viparita Dandasana: 5 minutes Supported on Bench <i>or</i> X- bolsters-crown of head down
26	Adho Mukha Virasana	Transition only	10–15 s	
27	Adho Mukha Svanasana		30 s	Support as needed
28	Chaturanga Dandasana		15 s	
29	Urdhva Mukha Svanasana		30 s	
30	Salabhasana		15 s	
31	Dhanurasana		20 s	
32	Ustrasana		30 s	
33	Urdhva Dhanurasana	From chair and floor	x 2 each	
34	Dwi Pada Viparita Dandasana	On Chair — Legs parallel to floor — See GFW pl.148-149 to capacity	2–3mins	
35	Adho Mukha Svanasana	Transition	15 s	Salamba Purvottanasana 3–5 minutes

No	Asana	Description	Timing guide	Menstruation variations
36	Bharadvajasana I	Final	30 s each side	Bharadvajasana I
37	Marichyasana 3	Elbow bent — See LOY pl. 301	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 Paschimottanasana		30 s each side	Head support
44	Paschimottanasana		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	Supta Baddha Konasana — with support 4–5 minutes
48	Ardha Navasana		20 s	
49	Urdhva Prasarita Padasana	90°		
50	Supta Padangusthasana I and II		30 s each side	Supta Padangusthasana 2 <i>only</i> — with support 1 minute each side
51	Chatushpadasana		45 s	
52	Salamba Sarvangasana I		5 minutes	Supta Swastikasana — Supported 4 minutes
53	Halasana		2 minutes	
54	Karnapidasana		30 s	Setu Bandha Sarvangasana— Supported 4 minutes
55	Eka Pada Sarvangasana		30 s each side	
56	Parsvaika Pada Sarvangasana		30 s each side	
57	Parsva Halasana		30 s each side	
58	Supta Konasana		30 s	
59	Setu Bandha Sarvangasana	Feet to support of wall or bench, hands on back	1 minute	Adho Mukha Swastikasana — Head supported
60	Adho Mukha Swastikasana			
61	Savasana	Setup for Pranayama	7 minutes	
<b>Savasana</b> will commence at 1hr 45mins			<b>Time changes will be called by Moderator</b>	
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	