

IYENGAR YOGA INTRODUCTORY II STUDY GUIDE

#	WEEK	TASKS	ASANAS & PRANAYAMAS
	Throughout course of study and in addition to knowledge for specific asanas and pranayamas, focus on answering the following questions:	<ul style="list-style-type: none"> • What are the last 5 limbs of astanga yoga? Define. • Define each of the following: <ul style="list-style-type: none"> ○ Citta ○ Sadhana ○ Prana ○ Abhyasa and Vairagya ○ Purusa and Prakrti ○ Samyama ○ Parinama • Give the Sanskrit name and definition of each of the gunas. • For Pranayama, identify: <ul style="list-style-type: none"> ○ Philosophical basis ○ Components ○ Hints and cautions • What is the difference between muscles, ligaments, and tendons? • What is the structure and type of movement of the major joints of the body? • For the following terms: 1) Define each term & 2) Identify how it applies to the movement of the joints of the body: <ul style="list-style-type: none"> ○ Flexion ○ Extension ○ Abduction ○ Adduction ○ Rotation ○ Circumduction ○ Pronation ○ Supination ○ Dorsiflexion ○ Plantar flexion ○ Eversion ○ Inversion 	

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1	07 October 2013 - 13 October 2013	<p style="text-align: center;">Uttanasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 49-51 ○ Gem at 137-138, 140 ○ LoY at 92-93 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. <hr/> <p style="text-align: center;">Adho Mukha Svanasana with support</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 52-54 ○ Gem at 136-137, 140 ○ LoY at 110-111 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice.
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2	14 October 2013 - 20 October 2013		<p style="text-align: center;">Urdhva Mukha Svanasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 99-100. ○ Gem at 243-44, 245-246. ○ LoY at 108-109. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Chaturanga Dandasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 98-99. ○ LoY at 104-105. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior week's study cards.
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3	21 October 2013 – 27 October 2013		<p style="text-align: center;">Parighasana (from Intro. I)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 42-44 ○ LoY at 85-87 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
			<p style="text-align: center;">Parivrtta Trikonasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 39-40. ○ Gem at 131-132. ○ LoY at 65-66. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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4	28 October 2013 – 03 November 2013		<p style="text-align: center;">Utthita Parsvakonasana (from Intro. I)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 31-32 ○ Gem at 124-125, 132-133 ○ LoY at 66-68 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
			<p style="text-align: center;">Parivrtta Parsvakonasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 41-42. ○ LoY at 68-69. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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5	04 November 2013 – 10 November 2013		<p style="text-align: center;">Parivrtta Ardha Chandrasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 30-31. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
			<p style="text-align: center;">Parsvottanasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 44-47 ○ Gem at 133-135, 140 ○ LoY at 78-81 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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6	11 November 2013 – 17 November 2013		<p style="text-align: center;">Virabhadrasana I (from Intro. I)</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 32-35 ○ Gem at 125-127, 132-133 ○ LoY at 69-71 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
			<p style="text-align: center;">Utthita Hasta Padangusthasana I with & without support</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 22-23. ○ Gem at 226-229. ○ LoY at 76-78. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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7	18 November 2013 – 24 November 2013		<p style="text-align: center;">Virabhadrasana III</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 37-39. ○ Gem at 128-129. ○ LoY at 73-74. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
			<p style="text-align: center;">Prasarita Padottanasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 47-49 ○ Gem at 135-136, 140 ○ LoY at 81-84 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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8	25 November 2013 – 01 December 2013	THANKSGIVING	<p style="text-align: center;">Salamba Sirsasana I against wall & with ropes</p> <ul style="list-style-type: none">• Read:<ul style="list-style-type: none">○ PC at 80-83.○ IC at 54-56.○ Gem at 79, 80, 83, 85, 89, 90, 91, 93, 180-188, 270-271.○ LoY at 179-184.• Create Asana Study Card based on the readings.• Teach pose aloud 3 times.• Record self teaching pose as in assessment.• Review recording.• List done well / do better.• Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.• Complete timed Intro. II asana practice.• Review prior weeks' study cards.
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9	02 December 2013 – 08 December 2013		<p style="text-align: center;">Paripurna Navasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 90, 92, 94. ○ Gem at 220-221, 229. ○ LoY at 111-112. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Ardha Navasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 75. ○ LoY at 112-114. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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10	09 December 2013 – 15 December 2013		<p style="text-align: center;">Ustrasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 101-103. ○ Gem at 241-243, 257-258. ○ LoY at 87-88. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Salabasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 100-101. ○ LoY at 99-100. <p style="text-align: center;">Makarasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ LoY at 100. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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11	16 December 2013 – 22 December 2013		<p style="text-align: center;">Dhanurasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 100. ○ Gem at 244-246. ○ LoY at 101-102. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Bhujangasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 75. ○ Gem at 253-254, 254-256, 258. ○ LoY at 107-108. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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12	23 December 2013 – 29 December 2013	HOLIDAY BREAK	<ul style="list-style-type: none">• Review prior weeks' study cards.
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13	30 December 2013 – 05 January 2014	HOLIDAY BREAK	<p style="text-align: center;">Urdhva Dhanurasana on chair</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 80-83; ropes at 89. ○ Gem at 88, 246-248. ○ LoY at 357-359. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. <p>Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.</p> <hr/> <p style="text-align: center;">Dwi Pada Viparita Dandasana on chair</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 76-79, 84-85. ○ Gem at 83, 88, 89, 93, 248-251. ○ LoY at 373-377. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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14	06 January 2014 – 12 January 2014	<ol style="list-style-type: none"> 1. Read <i>Introduction</i> to Light on the Yoga Sutras of Patanjali (LoYSP) at 9-40. <ol style="list-style-type: none"> 1.1. Create study outline from readings, with a focus on answering the questions on first page of this study guide. 2. Study Sutra II.49. <ol style="list-style-type: none"> 2.1. Read <u>LoYSP</u> at 152-155. 2.2. Read Core at 155. 2.3. Make study notes. 2.4. Listen to instructional chanting 12 times. 2.5. Write Anglicized Sanskrit 12 times. 3. Re-read ToY <i>The Leaves</i> at 57-60. 4. Review Intro. I notes on ToY <i>The Leaves</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Salamba Sarvangasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 84. ○ IC at 67-68, 70, 72-73. ○ Gem at 45, 53, 54, 82, 197-201, 215-216 ○ LoY at 57, 205-213 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. <p>Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.</p> <hr/> <p style="text-align: center;">Setubandha Sarvangasana from Salamba Sarvangasana, knees bent</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 114-115 ○ IC at 65. ○ Gem at 45, 53, 79, 84, 87, 89, 92, 93, 120, 208-211, 215-216 ○ LoY at 227-230 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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15	13 January 2014 – 19 January 2014	<ol style="list-style-type: none"> 1. Study Sutra II.50. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 156-157. 1.2. Read Core at 74, 156. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior week's sutra. 	<p style="text-align: center;">Eka Pada Sarvangasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 85-86. ○ Gem at 206-207, 274. ○ LoY at 223-225. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Parsvaika Pada Sarvangasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 86-88. ○ Gem at 207-208, 215-216. ○ LoY at 225-226. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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16	20 January 2014 – 26 January 2014	<ol style="list-style-type: none"> 1. Study Sutra II.51. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 157. 1.2. Read <u>Core</u> at 157. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Halasana toes on floor</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 88-89 ○ Gem at 45, 54, 79, 80, 82, 84, 87, 89, 90, 92, 93, 120, 141, 273-274, 258-259 ○ LoY at 156-157 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Parsva Halasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ Gem at 80, 205-206. ○ LoY at 222-223. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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17	27 January 2014 – 02 February 2014	<ol style="list-style-type: none"> 1. Study Sutra II.52. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 158. 1.2. Read Core at 58, 158. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Janu Sirsasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 66-68. ○ Gem at 53, 82, 85, 88, 91, 93, 94, 142-144, 267. ○ LoY at 148-151. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. <p>Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.</p>
			<p style="text-align: center;">Marichyasana I</p> <p style="text-align: center;">bend forward with hands entwined</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 70-71, 73-74 ○ IC 48-50 ○ Gem at 88, 94, 147-149 ○ LoY at 159-161 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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18	03 February 2014 – 09 February 2014	<ol style="list-style-type: none"> 1. Study Sutra II.53. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 158-159. 1.2. Read <u>Core</u> at 59, 158. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read ToY <i>The Sap</i> at 64-71. 4. Review Intro. I notes on ToY <i>The Sap</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Paschimottanasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 65-66. ○ Gem at 79, 82, 84, 87, 88, 89, 92, 93, 94, 149-151. ○ LoY at 166-170. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Bharadvajasana I</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 75-76 ○ Gem at 88, 92, 275, 230-232 ○ LoY at 251-253 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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19	10 February 2014 – 16 February 2014	<ol style="list-style-type: none"> 1. Study Sutra II.54. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 159-161. 1.2. Read <u>Core</u> at 165-166. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read ToY <i>The Bark</i> at 61-64. 4. Review Intro. I notes on ToY <i>The Bark</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Bharadvajasana II</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 77-79. ○ Gem at 88, 92, 275, 232-233 ○ LoY at 253-254 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Marichyasana III</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 51-52. ○ Gem at 233-235. ○ LoY at 254-257. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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20	17 February 2014 – 23 February 2014	<ol style="list-style-type: none"> 1. Study Sutra II.55. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 161-162. 1.2. Read Core at 166. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Ardha Matsyendrasana I with support</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 52-53. ○ Gem at 84, 235-238. ○ LoY at 259-262. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. <p>Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.</p> <hr/> <p style="text-align: center;">Malasana heels down, can grasp support</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 50. ○ Gem at 86, 88, 161-163 ○ LoY at 262-266 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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21	24 February 2014 – 02 March 2014	<ol style="list-style-type: none"> 1. Study Sutra III.1. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 165-166, 167-168. 1.2. Read <u>Core</u> at 91, 167. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read ToY <i>The Leaves</i> at 57-60. 4. Review Intro. I notes on ToY <i>The Leaves</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Garudasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 20-21. ○ LoY at 97. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. <hr/> <p style="text-align: center;">Upavista Konasana sitting straight</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 72-74. ○ Gem at 54, 55, 86, 87, 88, 89, 90, 157-159, 268-269. ○ LoY at 163-165. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
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IYENGAR YOGA INTRODUCTORY II STUDY GUIDE

22	03 March 2014 – 09 March 2014	<ol style="list-style-type: none"> 1. Study Sutra III.2. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 168-169. 1.2. Read Core at 169. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Gem Ch. XVI, <i>Dhyana</i> at 327-334. 4. Review Intro. I notes on Gem Ch. XVI, <i>Dhyana</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 6. Re-read LoP Ch. 29, <i>Dhyana</i> at 223-231. 7. Review Intro. I notes on LoP Ch. 29, <i>Dhyana</i>. 8. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Baddha Konasana sitting straight</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 57-58. ○ Gem at 54, 55, 81, 86, 87, 88, 89, 90, 154-156, 268. ○ LoY at 128-129, 432. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
		<p style="text-align: center;">Supta Baddha Konasana</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 112-113. ○ IC at 94. ○ Gem at 81, 86, 87, 88, 89, 90, 156-157, 268. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards. 	

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23	10 March 2014 – 16 March 2014	<ol style="list-style-type: none"> 1. Study Sutra III.3. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 169-170. 1.2. Read <u>Core</u> at 174, 185. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read ToY <i>The Fruit</i> at 72-77. 4. Review Intro. I notes on ToY <i>The Fruit</i>. 5. Add to notes as appropriate and to answer questions on first page of this study guide. 	<p style="text-align: center;">Supta Virasana supported and not supported</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 110-112. ○ Gem at 54, 81, 85, 87, 88, 89, 93, 164, 172-174, 270. ○ LoY at 123-125. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level.
		<p style="text-align: center;">Supta Padangustasana I & II</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 95-96. ○ Gem at 54, 224-226. ○ LoY at 244-246. • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards. 	

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24	17 March 2014 – 23 March 2014	<ol style="list-style-type: none"> 1. Study Sutra III.4. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 171. 1.2. Read Core at 116, 135. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Savasana</p> <p>with eye band, normal in breath and deep out breath</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ PC at 116-117 ○ IC at 96-99. ○ Gem at 55, 80, 83-84, 85, 86, 87, 88, 93, 95, 97, 120, 164, 285, 306, 275-278, 180-186 ○ LoY at 59, 422-424, 435 ○ LoP at 62, 80, 86, 127, 232-233, 233-252, 254, 281 • Create Asana Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Practice classic asana. Note any differences between classic asana and pose as taught for this assessment level. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
25	24 March 2014 – 30 March 2014 DUE APRIL 1!	<ol style="list-style-type: none"> 1. Study Sutra III.5. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 172. 1.2. Read Core at 139. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. <p>GIVE FORMS TO RECOMMENDING TEACHERS ON OR BEFORE APRIL 1!</p>	<p style="text-align: center;">Ujjayi III & IV</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 100-107 ○ LoY at 441-443 ○ LoP at 123-128, 131-134, 145, 284 • Create Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better.

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26	31 March 2014 – 06 April 2014	<ol style="list-style-type: none"> 1. Study Sutra III.6. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 172-173. 1.2. Read Core at 139, 180. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Viloma III</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 107-109 ○ LoY at 455 ○ LoP at 152-153, 155, 265 • Create Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better.
27	07 April 2014 – 13 April 2014	<ol style="list-style-type: none"> 1. Study Sutra III.7. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 174. 1.2. Read Core at 118, 139. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 	<p style="text-align: center;">Bhramari IA, IB, IIA, and IIB</p> <ul style="list-style-type: none"> • Read: <ul style="list-style-type: none"> ○ IC at 109 ○ LoP at 146-147, 151, 286 • Create Study Card based on the readings. • Teach pose aloud 3 times. • Record self teaching pose as in assessment. • Review recording. • List done well / do better. • Complete timed Intro. II asana practice. • Review prior weeks' study cards.
28	14 April 2014 – 20 April 2014	SPRING BREAK	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards.

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29	21 April 2014 – 27 April 2014	<ol style="list-style-type: none"> 1. Study Sutra III.8. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 174-175. 1.2. Read Core at 117, 138-139. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 1, Basic Guidelines at pages 9-20. 4. Review Intro. I notes on BG Chapter 1. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses from Intro. II syllabus.
	Application Deadline May 1!	Applications due! Mailings must be postmarked on or before May 1!	
30	28 April 2014 – 04 May 2014	<ol style="list-style-type: none"> 1. Study Sutra III.9. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 175-179. 1.2. Read Core at 73, 113. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 2, Basic Guidelines at pages 21-24. 4. Review Intro. I notes on BG Chapter 2. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses (different from those selected before) from Intro. II syllabus.

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30	05 May 2014 – 11 May 2014	<ol style="list-style-type: none"> 1. Study Sutra III.10. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 179-180. 1.2. Read Core at 7, 75, 114. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 3, Basic Guidelines at pages 29-38. 4. Review Intro. I notes on BG Chapter 3. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses (different from those selected before) from Intro. II syllabus.
31	12 May 2014 – 18 May 2014	<ol style="list-style-type: none"> 1. Study Sutra III.11. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 180-181. 1.2. Read Core at 174. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 6, Basic Guidelines at pages 70-73, 75 para. 4-5; 89-93. 4. Review Intro. I notes on BG Chapter 6. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses (different from those selected before) from Intro. II syllabus.

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32	19 May 2014 – 25 May 2014	<ol style="list-style-type: none"> 1. Study Sutra III.12. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 181-182. 1.2. Read Core at 73, 75, 114, 126. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 8, Basic Guidelines especially pages 105-106, 114, 116-117. 4. Review Intro. I notes on BG Chapter 8. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses (different from those selected before) from Intro. II syllabus.
33	26 May 2014 – 01 June 2014	<ol style="list-style-type: none"> 1. Study Sutra III.13. <ol style="list-style-type: none"> 1.1. Read <u>LoYSP</u> at 183-185. 1.2. Read Core at 41, 116. 1.3. Make study notes. 1.4. Listen to instructional chanting 12 times. 1.5. Write Anglicized Sanskrit 12 times. 2. Review prior weeks' sutras. 3. Re-read Chapter 9, Basic Guidelines at pages 124-134. 4. Review Intro. I notes on BG Chapter 9. 5. Add to BG notes as appropriate and to answer questions on first page of this study guide. 	<ul style="list-style-type: none"> • Complete timed Intro. II asana practice. • Review prior weeks' study cards. • Teach 6 poses (different from those selected before) from Intro. II syllabus.

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34	02 June 2014 – 08 June 2014	<ol style="list-style-type: none"> 1. Review Sutras II.49 to III.3. 2. Chant Sutras II.49 to III.3. 3. Re-read Chapter 3, Gem at pages 9-19 and 25-32. 4. Review Intro. I notes on Gem Chapter 3. 5. Add to Gem notes as appropriate and to answer questions on first page of this study guide. 	<ol style="list-style-type: none"> 1. Complete timed Intro. II asana practice. 2. Review prior weeks' study cards. 3. Teach 6 poses (different from those selected before) from Intro. II syllabus.
35	09 June 2014 – One Week Before Assessment	<ol style="list-style-type: none"> 1. Review Intro. II study outlines. 2. Review Sutras II.49 to III.3. 3. Chant Sutras II.49 to III.3. 4. Answer the questions on the first page of this study guide, with citations. 5. Review Intro. I study outlines, including sutras II.29-II.48. 	<ul style="list-style-type: none"> • Review all study cards. • Record self teaching all poses. • List done well / do better. • Complete timed Intro. II asana practice 1x a week.

CONTINUE WEEKLY

STUDY, PRACTICE, & TEACHING

UNTIL 1 WEEK BEFORE ASSESSMENT.

REST DURING WEEK BEFORE ASSESSMENT.

TAKE ASSESSMENT CONFIDENTLY.

PASS ASSESSMENT.

CELEBRATE!