

## Level 1 practice notes

The following practice notes are designed to support the asana work in the level 1 courses. These notes consolidate the notes from the previous level. For reference use:

- Light on Yoga by BKS Iyengar
- Light on Pranayama by BKS Iyengar
- *How to Use Yoga* by Mira Mehta
- *Yoga the Iyengar way* by Mira Mehta

### Standing Poses

Tadasana  
Urdhva Hastasana  
Trikonasana  
Virabhadrasana II  
Parighasana  
Parsvakonasana  
Parsvottanasana  
Prasarita Padottanasana  
Virabhadrasana I  
Vrksasana  
Ardha Chandrasana  
Parivrtta Trikonasana  
Uttanasana  
Utkatasana

Adho Mukkha Svanasana (AMS)  
Chaturanga Dandasana  
Vasisthasana

### Sitting

Dandasana  
Vajrasana – arms in Parvatasana,  
Gomukhasana, Garudasana  
Virasana – arms in Parvatasana,  
Gomukhasana, Garudasana  
Swastikasana  
Baddha Konasana (upright)  
Upavista Konasana (upright/concave  
back/hands behind)

### Forward bends

Pascimottanasana  
Triang Mukhaikapada Pascimottanasana  
Janu Sirsasana  
Marichyasana I  
Upavista Konasana  
Svastikasana forward  
Adho Mukha Virasana

### Twists

Svastikasana twist  
Bharadvajasana I  
Marichyasana III  
Jatara Parivatanasana (with bent legs)  
Virasana

### Other

Handstand preparation

### Backbends

Setu Bandha Sarvangasana on block, feet to wall  
Chatushpadasana  
Viparita Dandasana over chair, feet supported  
Ustrasana  
Urdhva Mukha Svanasana  
Salabhasana series  
Danurasana

### Leg/lumbar

Supta Padangusthasana  
Dandasana

### Abdominal

Urdhva Prasarita Padasana bent/straight leg  
Paripurna Navasana

### Sirsasana

Preparation only  
Blocks to wall

### Salamba Sarvangasana

Halasana feet on wall  
Eka pada Sarvangasana  
Baddha Konasana in Sarvangasana  
Upavistha Konasana in Sarvangasana  
Halasana to floor

### Surya Namaskar (salute to the sun)

### Restorative

Supta Baddha Konasana  
AMS in ropes  
Uttanasana with head support on blocks  
Crossed bolsters  
Salamba Sarvangasana  
Ardha Halasana – supported on chair  
Setu Bandha Sarvangasana, feet supported to wall on block  
Viparita Karani

### Savasana

### Pranayama

Ujjayi 1-4

**Sequence**

The asanas at this level can be divided into 5 groups. These are:

- Inversions
- Standing Poses
- Forward Bends
- Twists/ Sitting Asanas
- Back Bends

A weekly cycle should be arranged to include all of the groups, whether you practice a selection from each group or focus on one group each day. Inversions are emotionally balancing and strengthening and are included in the cycle each day as they are a balance to the more active poses. These poses help to concentrate the mind and develop an awareness of the breath. Once practicing Headstand it is always done before Shoulderstand.

**Level 1 Practice - Example**

Supta Baddha Konasana  
AMS (dog pose)

Plank  
AMS

Chaturanga dandasana  
AMS

Vasisthasana  
AMS

Vrksasana  
Tadasana  
Trikonasana  
Virabhadrasana II  
Parsvakonasana  
Ardha chandrasana  
Parsvottanasana  
Virabhadrasana I

Virasana  
Setu Bandha Sarvangasana (on block, feet to wall)  
Sarvangasana from Halasana (feet to wall)

Bharadvajasana I  
Marichyasana III

Dandasana  
Janu Sirsasana  
Triangmukhaikapada Paschimottanasana  
Paschimottanasana  
Upavistha Konasana

Savasana

**Menstruation**

Do not practice inversions while in the menstrual period.

You should observe the following

**In standing poses (shorter timings – up to 45 sec)**

- Step the feet apart; do not jump the feet
- Work with the back heel to the wall or
- Work with back against the wall
- Hands on the waist for Virabhadrasana I and II, Utkatasana.

**Do not do Inversions**

- Do Crossed bolsters instead of Sirsasana
- Do Setu Bandha Sarvangasana instead of Sarvangasana

**In forward bends**

- Take head support.

**Open sided twists only.**

**Avoid backbends**

Do not drink whilst practicing.

**Use of Props**

Props support alignment and capacity to lengthen the time you hold a pose. Increased timing allows you to deepen the level of observation.

**Restorative practice**

Practice should contain an adequate balance between developmental practice and restorative sequences. Practice restoratives once per week.

Refer to caution section of reference texts.

**Focus and Breath**

Practice is the cultivation of an alert, quiet mind. Learn not only to do asanas but to feel them; work from the inside out. The breath is like a mirror reflecting any impatience that we have, so observe its fluctuations closely. Initially your concentration will be fragmented, but regular practice helps to discipline the wandering mind and the distractions will decrease. In time practice becomes a place of refuge from the anxiety and busyness of our daily lives. A place of timelessness – Breath.