

Level 2 practice notes

The following practice notes are designed to support the asana work in the level 2 courses. These notes consolidate the notes from the previous levels. Consolidate all poses in Level 1 practice notes.

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

Virabhadrasana III
Utthita Hasta Padangusthasana I & II (to wall)
Uttanasana
Garudasana
Parivrtta Trikonasana
Parivrtta Parsvakonasana
Parivrtta Ardha Chandrasana

Sitting

Virasana
Baddha Konasana
Gomukhasana
Siddhasana
Half Padmasana
Padmasana

Forward bends

Triang Mukhaikapada Paschimottanasana
Janu Sirsasana
Paschimottanasana
Upavista Konasana
Ardha Baddha Padma Paschimottanasana

Twists

Bharadvajasana I
Bharadvajasana II
Padmasana
Marichyasana III
Ardha Matsyendrasana I

Backbends

Dwi Pada Viparita Dandasana on chair, arms over
Dwi Pada Viparita Dandasana elbows to wall
Dhanurasana
Ustrasana
Urdhva Dhanurasana

Leg/lumbar work

Supta Padangusthasana, leg to 90/leg to side/leg to head, head lifting
Urdhva Prasarita Padasana, without belt

Abdominal

Ardha Navasana
Urdhva Prasarita Padasana
Jathara Parivartanasana, knees bent

Salamba Sirsasana
Headstand to wall
Eka Pada Sirsasana
Parsva Eka Pada Sirsasana
Baddha Konasana in Sirsasana
Upavistha Konasana in Sirsasana

Sarvangasana and Halasana
Free standing
Eka pada
Parsva Eka Pada
Halasana
Parsva Halasana
Karnipidasana
Supta Konasana from Halasana

Other

Adho Mukha Vriksasana
Pincha Mayurasana
Vasisthasana I
Dwihasta Bhujasana
Ekahasta Bhujasana
Lolasana stage 1
Malasana

Surya Namaskar

Restorative As for Level 1
Chair Sarvangasana
Ardha Halasana

Savasana

Pranayama
Ujjayi 1-4
Viloma 1-3
Brahmari

Weekly Practice Cycle (1 ½ -2 hour practice)

In a 6 day practice cycle focus on one group each day. Practice in a week should cover – inversions, standing asanas, backbends, forward bends, twists, sitting asanas and balancings. When necessary, be willing to deviate into more passive and reflective sequences.

If you have the luxury of an added afternoon practice Sirsasana and Sarvangasana can be done at that time with a few quiet forward bends and Savasana. This will restore you fully. Remember that these poses develop mental tenacity and strengthen the nervous system and so are complimentary and supportive of the active sequences. If only one practice is available to you each day then the inversions should be included in the daily routine.

This can be divided as follows:

Standing Poses

Every alternate day. 3 times a week. Day 1, going through them once each at up to 1 min a side. Second day, Twice through full set at between ½ and 1 min each side. Third day run through them and focus on 1 or 2 repeating them with the use of props etc to elicit the full movement.

Forward Bends

Forward bends short timings -	1 min each
Forward bends long timing -	5 mins each
Paschimottanasana	5 - 10 mins

Back Bends

Simple Backbends, Dwi pada viparita dandasana 1-5 mins, Urdhva dhanurasana 1-3 mins, simple leg variations Finish with Ardha Halasana, Paschimottanasana 5-20 mins. Don't do abdominals after back bends.

Twists and Sitting Poses

Twists and miscellaneous poses. These can be done after the standing poses, before backbends or before/after the forward bend series.

Balancings

Start by introducing simple hand balancings to your practice. These can be done with the jumpings.

Jumpings. (Surya Namaskar)

When tired or on cold mornings commence with 5-8 minutes of jumpings to wake you up and develop a degree of concentration. Or do jumpings with the standing poses or baby balancings.

Inversions

These should be included each day regardless of the sequence (unless contra indicated – menstruation, high BP etc).

Sirsasana. Practice should include 5-10 minutes straight. Alternate twisting variations, Baddha Konasana cycle, Eka Pada variations.

Sarvangasana to include – 5-10 minutes straight once. Halasana 2-5 minutes active. Alternate Ardha Halasana 5-10 mins, Halasana 5 mins, Setu Bandha Sarvangasana variations, Karna Pidasana and Halasana variations.

Restorative practice

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

Cautions

Refer to caution section of reference texts.

When menstruating refer to the practice notes provided for appropriate sequences.