



Sri Ramakrishna Seva Samithi, Bapatla

विज्ञ
**Yoga Demonstrator Course
Level 2**

**This is a Demonstrator certificate course
and not an instructor certificate course.**

Qualification : Abhijna Demonstrator Certification.

Here we will learn how to practice asanas perfectly but not how to teach or its effects, contra-indications and its nuances.

For attending the exam of this course, a minimum of 100 hours of participation is a must.

If a participant, while joining online, is not able to attend the class because of any internet connection problem, we don't consider that hour for attendance.

In this course we will be learning basic breathing exercises and 35 asanas in detail. We encourage the students to be perfect with the entire syllabus.

Grades(A+, A, B+, B) will be awarded depending on your performance.

Visit our youtube channel to learn the asanas in the syllabus

<https://www.youtube.com/playlist?list=PLYQvrXlzXkerz6aO2xirabQVHdYq3NtU7>

The demonstrator would not be eligible to teach yoga or its effects, contra-indications and its nuances.

Syllabus

Pranayama

1. Deep Breathing
2. Abdominal Breathing

Asanas

1. Śīthila Tāḍāsana
2. Tiryak Tāḍāsana
3. Kati Chakrāsana
4. Mēru Pṛshthāsana
5. Tiryak Vṛkṣhāsana
6. Garudāsana
7. Śīthila Daṇḍāsana
8. Supta Vajrāsana
9. Mandūkāsana
10. Ardha Padmāsana
11. Parvatāsana
12. Matsyāsana
13. Ākarṇa Dhanurāsana -I
14. Ardha Baddha Padma
Paśchimottānāsana
15. Purvottānāsana (Simplified
Version)
16. Uṣṭrāsana
17. Ardha Matsyēndrāsana - I
18. Parighāsana
19. Marjālasana - I
20. Marjālasana - II
21. Marjālasana - III
22. Ardha Nāvāsana
23. Samatulāsana
24. Sarala Bhujangāsana
25. Bhujangāsana - II
26. Makarāsana
27. Bālāsana
28. Sūchirandhrāsana
29. Eka Pāda Ānanda Madirāsana
30. Supta Padānguṣṭāsana-I
31. Supta Udarākaraśānāsana - I
32. Ardha Śīrṣāsana
33. Sālamba Sarvāngāsana-II
34. Halāsana
35. Ardha Matsyāsana

Evaluation will be based on the below points

Pranayama

1. Deep Breathing

Slow, steady and deep Inhalation, slow, steady, deep and complete Exhalation

2. Abdominal Breathing

While breathing in the abdomen should bulge out and while breathing out the abdomen should sink in. Only abdominal muscles should move and no other muscles should move.

Asanas

1. Śīthīla Tādāsana (शिशिल ताडासन) (*Relaxed Palm Tree Pose*)

- i) Feet should be conveniently apart.
- ii) Hands hanging freely.
- iii) Body should be loose and relaxed.

2. Tiryak Tādāsana (तिर्यक् ताडासन) (*Swaying Palm Tree Pose*)

- i) Feet one foot apart and parallel to each other.
- ii) Bend in the same lateral side without going forward and backward.

3. Kati Chakrāsana (कटि चक्रासन) (*Standing Spinal Twist Pose*)

- i) Feet one foot apart and parallel to each other.
- ii) Without bending back, twist from the lower back.
- iii) Feet should not be twisted.

4. Mēru Pṛshthāsana (मेरु पृष्ठसन) (*Swaying Waist Rotation Pose*)

- i) Legs should be two feet apart and parallel to each other.
- ii) Body should be parallel to the ground.
- iii) Both the elbows should be one single line, at shoulder level.

5. Tiryak Vṛkshāsana (तिर्यक् वृक्षासन) (*Swaying Tree Pose*)

- i) In Vṛkṣhāsana bend towards the folded leg.
- ii) While bending the body should not lean forward or backwards.

6. Garudāsana (गरुडासन) (Eagle Pose)

- i) Knee of the standing leg should be kept straight.
- ii) Foot of the other leg should get locked at the ankle.
- iii) Join the palms in front of the nose.

7. Śīthila Daṇḍāsana (शिथिल दंडासन) (Relaxed Staff Pose)

- i) Feet should be conveniently apart and falling sideways freely.
- ii) Hands placed at back with fingers pointing backwards.
- iii) Head hanging freely either sideways or backwards.

8. Supta Vajrāsana (सुप्त वज्रासन) (Reclined diamond Pose)

- i) Either stretch the arms up or place the palms on the thighs.
- ii) Place the shoulder blades on the ground.

9. Mandūkāsana (मंडूकासन) (Frog Pose)

- i) Buttocks should be on the heels.
- ii) Knuckles touching each other are placed below the navel with fingers facing upwards.
- iii) Place the forehead on the ground.

10. Ardha Padmāsana (अर्ध पद्मासन) (Half Lotus Pose)

- i) Heel should be kept as close to the body as possible.
- ii) Spine erect and spine, neck and head should be in one single line.

11. Parvatāsana (पर्वतासन) (Mountain Pose)

- i) Stretch the arms up, palms facing upwards.
- ii) Chin bone should get locked in between the collarbones.

12. Matsyāsana (मत्स्यासन) (Fish Pose)

- i) Chest should be pushed as high as possible and the crown of the head should touch the ground.
- ii) Hold the big toes and place the elbows on the ground.

13. Ākarṇa Dhanurāsana - I (आकर्ण धनुरासन - I) (*Arrow pulled till the ear*)

- i) Head should be facing forward.
- ii) Big toe should be touching the ear.
- iii) Elbow should point upwards.
- iv) Spine should be kept as straight as possible.

14. Ardha Baddha Padma Paśchimottānāsana (अर्ध बद्ध पद्म पश्चिमोत्तानासन)
(*Half Bound Lotus Forward Bend Pose*)

- i) Shoulders should be parallel to the ground.
- ii) Hold the big toe of the stretched leg and place the elbow on the ground.

15. Purvottānāsana (Simplified Version) (पूर्वोत्तानासन) (*Upward Plank or Reverse Plank Pose*)

- i) Feet one foot apart and parallel to each other.
- ii) Fingers of hand should face towards legs.
- iii) Body from knees to shoulders should be parallel to the ground.

16. Ustrāsana (उष्ट्रासन) (*Camel Pose*)

- i) Knees and feet and can be kept one foot apart or together.
- ii) Thighs should be perpendicular and trunk parallel to the ground.
- iii) Palms should be placed on the respective soles.

17. Ardha Matsyēndrāsana - I (अर्ध मत्स्येंद्रासन) (*Half Lord of Fish Pose, Half Spinal Twist Pose*)

- i) Keep the right foot closure to the left buttock, right heel touching the left side of the hip.
- ii) Left should be kept by the side of the right knee.

- iii) Left shin should be perpendicular and the left knee should point upwards.
- iv) Right armpit should come close to the left knee.
- v) Trunk should twist from the lower back and both the shoulders should be in one single line.
- vi) Same on the other side.

18. Parighāsana (परिघासन) (Beam Pose)

- i) Sole of the stretched leg should be placed on the ground.
- ii) Palms should join and should place the back of the wrist on the ankle of the stretched leg.
- iii) Body should not get twisted or bent forward or backward.

19. Marjālasana - I (मार्जालासन - I) (Tiger Breathing - I)

- i) Elbows should not be bent.
- ii) Hands, Knees and feet should be parallel to the ground.

20. Marjālasana - II (मार्जालासन - II) (Tiger Breathing - II)

- i) Elbows should not be bent.
- ii) Foot should go closer to the head while inhaling.
- iii) Forehead should be placed on the knee while exhaling.

21. Marjālasana - III (मार्जालासन - III) (Tiger Breathing - III)

- i) Stretched leg and arm should be straight and should be in one single line.

22. Ardha Nāvāsana (अर्ध नावासन) (Half Boat Pose)

- i) Trunk and legs should be at 30 degrees angle.
- ii) Head and feet should be at the same level.
- iii) Only buttocks should be touching the ground.

23. Samatulāsana (सम तुलासन) (Full Plank)

- i) The body should be in an inclined position.
- ii) Hips should not go down or move upwards.

24. Sarala Bhujangāsana (सरल भुजंगासन) (Easy Cobra Pose)

- i) Forearms should bear the weight of the body.

25. Bhujangāsana - II (भुजंगासन - II) (Cobra Pose - II)

- i) Heels should be touching each other.
- ii) Elbows should be straight.
- iii) Chest pushed out as much as possible.

26. Makarāsana (मकरासन) (Crocodile Pose)

- i) Feet should be together, heels touching each other.
- ii) Elbows should be farther from the body as possible.
- iii) Elbows should be close to each other.

27. Bālāsana (बालासन) (Child Pose)

- i) Head can be resting on the arm or on the ground.
- ii) Folded leg knee and elbow of folded arm should be kept close.

28. Sūchirandhrāsana (सूचिरंध्रासन) (Thread and Needle Pose)

- i) Foot should touch the Chest.

29. Eka Pāda Ānanda Madirāsana (एक पाद आनंद मदरासन) (Single Leg Happy Baby Pose)

- i) Big toe should touch the nose.
- ii) Other leg should be straight.

30. Supta Padānguṣṭāsana-I (सुप्त पाद अंगुष्ठासन) (Reclined Hand to Toe Pose)

- i) Both the knees should be straight.

31. Supta Udarākārṣaṇāsana - I (सुप्त उदराकर्षणासन - I) (Lumbar Twisting)

- i) Foot should come on top of the other foot.
- ii) Knee should come on top of the other knee.
- iii) Head should be twisted in the opposite direction of the legs.

32. Ardha Śīrṣāsana (अर्ध शीर्शासन) (Half Headstand Pose)

- i) Shoulders and hips should be in one single line without bending the spine.
- ii) Knees should be kept straight and heels should be placed on the ground as much as possible.

33. Sālamba Sarvāngāsana-II (सालंब सर्वगासन - II) (Shoulder stand with support - II)

- i) Arms to be kept parallel to each other or one can interlock the fingers and place them on the ground.
- ii) Body should be straight as much as possible.

34. Halāsana (हलासन) (Plough Pose)

- i) Arms to be kept parallel to each other or one can interlock the fingers and place them on the ground.
- ii) Chin should get locked between collar bones.
- iii) Knees should not bend.

35. Ardha Matsyāsana (अर्ध मत्स्यासन) (Half Fish Pose)

- i) Chest has to be pushed up as high as possible.
- ii) Crown of the head should be placed on the ground.