<table>
<thead>
<tr>
<th>#</th>
<th>WEEK</th>
<th>TASKS</th>
<th>ASANAS &amp; PRANAYAMAS</th>
</tr>
</thead>
</table>
1.1. Create study outline.  
2. Read:  
2.1. Hints and Cautions for the Practice of Asanas in LoY. [pp. 57-60]  
2.3. Preliminary Course (PC) [pp. 119-120]  
2.4. Create combined study outline.  
3. Study Sutra II.29.  
3.1. Read sutra in Light on the Yoga Sutras of Patanjali (LoYSP) [pp.134-135].  
3.2. Make study notes.  
3.3. Listen to instructional chanting 12 times.  
3.4. Write Anglicized Sanskrit 12 times. | Tadasana |

- Read:  
  o Preliminary Course (PC) at 14-15  
  o Gem at 121-122, 120, 132-133  
  o LoY at 61-62  
  o LoP at 70, 283  
- Create 5 x 7 study card.  
  o Include picture on one side.  
  o List English, Anglicized Sanskrit and alternate names.  
  o List classification according to Gem, pp. 95-105.  
  o List 3-5 key points to get shape of pose.  
  o List 2-3 common teaching points.  
  o List key benefits.  
  o List contraindications.  
  o List modifications for:  
    ▪ Neck and shoulder pain  
    ▪ Sore knees  
    ▪ Sore backs  
    ▪ Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
  - Complete timed Intro. I asana practice.  
  - Practice classic asana.  
    o Note any differences between classic asana and pose as taught for this assessment level.
### IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>2</th>
<th>23 July 2012 – 29 July 2012</th>
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</thead>
</table>

1. **Read:**
   - 1.1. Ch. 1 What is Yoga? in Part 1, Section 1, The Theory of Pranayama (1.1 Theory), *Light on Pranayama (LoP)* [pp. 3-5].
   - 1.2. Ch. 2 Stages of Yoga in 1.1 Theory, *LoP* [pp. 6-11].
   - 1.3. Ch. I First Steps in Yoga in *Gem* [pp. 3-4]
   - 1.4. Ch. II Four Paths to Liberation in *Gem* [pp. 5-8]
   - 1.5. Ch. III The Path of Yoga in *Gem* [pp. 9–32]
   - 1.6. Create combined study outline.

2. **Study Sutra II.30:**
   - 2.1. Read sutra in *LoYS P* [p. 135].
   - 2.2. Make study notes.
   - 2.3. Listen to instructional chanting 12 times.
   - 2.4. Write Anglicized Sanskrit 12 times.

3. **Review prior week’s sutra.**

4. **Review prior week’s study guides.**

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### Vrksasana

- **Read:**
  - PC at 21-22
  - Gem at 122, 132-133
  - LoY at 62

- **Create 5 x 7 study card.**
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to *Gem*, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips

- **Teach pose aloud 3 times.**
- **Record self teaching pose as in assessment.**
- **Review recording.**
- **List done well / do better.**
- **Complete timed Intro. 1 asana practice.**
- **Practice classic asana.**
  - Note any differences between classic asana and pose as taught for this assessment level.
- **Review prior week’s study card.**
<table>
<thead>
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<th>3</th>
<th>30 July 2012 – 05 August 2012</th>
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</thead>
</table>
| FLORIDA | Study Sutra II.31.  
1.1. Read sutra in LoYSP [p.135-136].  
1.2. Make study notes.  
1.3. Listen to instructional chanting 12 times.  
1.4. Write Anglicized Sanskrit 12 times.  
2. Review prior weeks’ sutras.  
3. Review prior weeks’ study guides. |
| • | Review prior weeks’ study cards.  
  o Tadasana  
  o Vrksasana  
• Teach aloud 1-2 times:  
  o Tadasana  
  o Vrksasana  
• **Complete timed Intro. I asana practice.** |
<table>
<thead>
<tr>
<th>4</th>
<th>06 August 2012 – 12 August 2012</th>
</tr>
</thead>
</table>
| 1. | Read:  
1.1. Ch. 3 Prana and Pranayama in 1.1 Theory, LoP [pp. 12-14].  
1.2. Pt. III Pranayama Hints and Cautions, 1st part, in LoY [pp.431-436]  
1.3. Ch. 10 Hints and Cautions, Section II The Art of Pranayama in LoP [pp. 53-63]  
1.4. [optional] Ch. XIV Hints and Suggestions for the Practice of Pranayama in Gem [pp. 296-309]  
1.5. Create combined study guide.  
2. | Study Sutra II.32.  
2.1. Read sutra in LoYS [p.136-137].  
2.2. Make study notes.  
2.3. Listen to instructional chanting 12 times.  
3.1. Write Anglicized Sanskrit 12 times.  
4. | Review prior weeks’ sutras.  
5. | Review prior weeks’ study guides.  
| | Utthita Trikonasana  
| | • Read:  
| | o PC at 27-28  
| | o Gem at 122-124, 132-133  
| | o LoY at 63-64  
| | • Create 5 x 7 study card.  
| | o Include picture on one side.  
| | o List English, Anglicized Sanskrit and alternate names.  
| | o List classification according to Gem, pp. 95-105.  
| | o List 3-5 key points to get shape of pose.  
| | o List 2-3 common teaching points.  
| | o List key benefits.  
| | o List contraindications.  
| | o List modifications for:  
| | ▪ Neck and shoulder pain  
| | ▪ Sore knees  
| | ▪ Sore backs  
| | ▪ Sore hips  
| | • Teach pose aloud 3 times.  
| | • Record self teaching pose as in assessment.  
| | • Review recording.  
| | • List done well / do better.  
| | • Complete timed Intro. I asana practice.  
| | • Practice classic asana.  
| | o Note any differences between classic asana and pose as taught for this assessment level.  
| | • Review prior weeks’ study cards.  

Leanne Cusumano Roque

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<tr>
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<th>Date</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| 5    | 13 August 2012 – 19 August 2012 | 1. Read Ch. 4 Pranayama and the Respiratory System, 1st part, in 1.1 Theory, LoP [pp. 15-20].
   |   | 1.1. Create study outline.
   |   | 1.2. Trace:
   |   | 1.2.1. Figure 1
   |   | 1.2.2. Figure 2
   |   | 1.2.3. Figure 3
   |   | 1.2.4. Figure 4
   |   | 1.2.5. Figure 5
   |   | 1.3. Label:
   |   | 1.3.1. Figure 1
   |   | 1.3.2. Figure 2
   |   | 1.3.3. Figure 3
   |   | 1.3.4. Figure 4
   |   | 1.3.5. Figure 5.
   |   | 2. Read Ch. 8 Know Your Body, 1st part, in Gem [pp. 61-62]
   |   | 2.1. Create study outline.
   |   | 3. Study Sutra II.33.
   |   | 3.1. Read sutra in LoYSP [p. 137-139].
   |   | 3.2. Make study notes.
   |   | 3.3. Listen to instructional chanting 12 times.
   |   | 3.4. Write Anglicized Sanskrit 12 times.
   |   | 6. Review prior weeks’ sutras.
   |   | 7. Review prior weeks’ study guides.                                                                                                                                                                                                 |
|      |             | Virabhadrasana II                                                                                                                                 |
|      |             |   • Read:
   |   |     o PC at 28-31
   |   |     o Gem at 127-128, 132-133
   |   |     o LoY at 72-73
   |   |   • Create 5 x 7 study card.
   |   |      o Include picture on one side.
   |   |      o List English, Anglicized Sanskrit and alternate names.
   |   |      o List classification according to Gem, pp. 95-105.
   |   |      o List 3-5 key points to get shape of pose.
   |   |      o List 2-3 common teaching points.
   |   |      o List key benefits.
   |   |      o List contraindications.
   |   |      o List modifications for:
   |   |      ▪ Neck and shoulder pain
   |   |      ▪ Sore knees
   |   |      ▪ Sore backs
   |   |      ▪ Sore hips
   |   |   • Teach pose aloud 3 times.
   |   |   • Record self teaching pose as in assessment.
   |   |   • Review recording.
   |   |   • List done well / do better.
   |   |   • **Complete timed Intro. I asana practice.**
   |   |   • Practice classic asana.
   |   |      o Note any differences between classic asana and pose as taught for this assessment level.
<p>|   |   • Review prior weeks’ study cards.                                                                                                                                                                                                 |</p>
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<tr>
<th>Page</th>
<th>Date Range</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 6    | 20 August 2012 – 26 August 2012 | VACATION  
1. Study Sutra II.34.  
1.1. Read sutra in LoYSP [p. 140-141].  
1.2. Make study notes.  
1.3. Listen to instructional chanting 12 times.  
1.4. Write Anglicized Sanskrit 12 times.  
2. Review prior weeks’ sutras.  
3. Review prior weeks’ study guides.  
|        | | • Review prior weeks’ study cards:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
|        | | • Teach aloud 1-2 times:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
|        | | • Complete timed Intro. I asana practice. |
| 7    | 27 August 2012 – 02 September 2012 | VACATION  
1. Study Sutra II.35.  
1.1. Read sutra in LoYSP [p.141].  
1.2. Make study notes.  
1.3. Listen to instructional chanting 12 times.  
1.4. Write Anglicized Sanskrit 12 times.  
2. Review prior weeks’ sutras.  
3. Review prior weeks’ study guides.  
|        | | • Review prior weeks’ study cards:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
|        | | • Teach aloud 1-2 times:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
<p>|        | | • Complete timed Intro. I asana practice. |</p>
<table>
<thead>
<tr>
<th><strong>8</strong></th>
<th><strong>03 September 2012 – 09 September 2012</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>1.</strong></td>
<td>Read Ch. 4 Pranayama and the Respiratory System, 2nd part, in 1.1 Theory, LoP [pp. 21-26].</td>
</tr>
<tr>
<td><strong>1.1.</strong></td>
<td>Create study outline.</td>
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<td><strong>1.2.</strong></td>
<td>Trace:</td>
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<td>Figure 6</td>
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<td><strong>1.2.2.</strong></td>
<td>Figure 7</td>
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<tr>
<td><strong>1.2.3.</strong></td>
<td>Figure 8</td>
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<tr>
<td><strong>1.2.4.</strong></td>
<td>Figure 9</td>
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<tr>
<td><strong>1.2.5.</strong></td>
<td>Figure 10</td>
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<tr>
<td><strong>1.2.6.</strong></td>
<td>Figure 11</td>
</tr>
<tr>
<td><strong>1.2.7.</strong></td>
<td>Figure 12</td>
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<tr>
<td><strong>1.2.8.</strong></td>
<td>Figure 13</td>
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<td><strong>1.3.</strong></td>
<td>Label:</td>
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<td><strong>1.3.1.</strong></td>
<td>Figure 6</td>
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<tr>
<td><strong>1.3.2.</strong></td>
<td>Figure 7</td>
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<td><strong>1.3.3.</strong></td>
<td>Figure 8</td>
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<tr>
<td><strong>1.3.4.</strong></td>
<td>Figure 9</td>
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<tr>
<td><strong>1.3.5.</strong></td>
<td>Figure 10</td>
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<tr>
<td><strong>1.3.6.</strong></td>
<td>Figure 11</td>
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<tr>
<td><strong>1.3.7.</strong></td>
<td>Figure 12</td>
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<tr>
<td><strong>1.3.8.</strong></td>
<td>Figure 13</td>
</tr>
<tr>
<td><strong>2.</strong></td>
<td>Read Ch. 8 Know Your Body, 2nd part, in Gem [pp.62-64]</td>
</tr>
<tr>
<td><strong>2.1.</strong></td>
<td>Create study outline.</td>
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<tr>
<td><strong>2.2.</strong></td>
<td>Trace Figure 1</td>
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<td><strong>2.3.</strong></td>
<td>Label Figure 1</td>
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<td><strong>3.</strong></td>
<td>Study Sutra II.36.</td>
</tr>
<tr>
<td><strong>3.1.</strong></td>
<td>Read sutra in LoYSP [p.142].</td>
</tr>
<tr>
<td><strong>3.2.</strong></td>
<td>Make study notes.</td>
</tr>
<tr>
<td><strong>3.3.</strong></td>
<td>Listen to instructional chanting 12 times.</td>
</tr>
<tr>
<td><strong>3.4.</strong></td>
<td>Write Anglicized Sanskrit 12 times.</td>
</tr>
<tr>
<td><strong>4.</strong></td>
<td>Review prior weeks’ sutras.</td>
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<td><strong>5.</strong></td>
<td>Review prior weeks’ study guides.</td>
</tr>
</tbody>
</table>

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IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

- Read: 
  - PC at 31-32 
  - Gem at 124-125, 132-133 
  - LoY at 66-68
- Create 5 x 7 study card. 
  - Include picture on one side. 
  - List English, Anglicized Sanskrit and alternate names. 
  - List classification according to Gem, pp. 95-105. 
  - List 3-5 key points to get shape of pose. 
  - List 2-3 common teaching points. 
  - List key benefits. 
  - List contraindications. 
  - List modifications for: 
    - Neck and shoulder pain 
    - Sore knees 
    - Sore backs 
    - Sore hips 
- Teach pose aloud 3 times. 
- Record self teaching pose as in assessment. 
- Review recording. 
- List done well / do better. 
- **Complete timed Intro. I asana practice.** 
- Practice classic asana. 
  - Note any differences between classic asana and pose as taught for this assessment level. 
- **Review prior weeks’ study cards.**
<table>
<thead>
<tr>
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<tbody>
<tr>
<td></td>
<td></td>
<td>1.1. Create study outline.</td>
<td>• Read:</td>
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<td></td>
<td></td>
<td>1.2. Trace:</td>
<td>o PC at 32-35</td>
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<td>1.2.1. Figure 14</td>
<td>o Gem at 125-127, 132-133</td>
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<td></td>
<td>1.2.2. Figure 15</td>
<td>o LoY at 69-71</td>
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<td>1.2.3. Figure 16</td>
<td>• Create 5 x 7 study card.</td>
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<td>1.2.4. Figure 17</td>
<td>o Include picture on one side.</td>
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<td>1.3. Label:</td>
<td>o List English, Anglicized Sanskrit and alternate names.</td>
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<td>1.3.1. Figure 14</td>
<td>o List classification according to Gem, pp. 95-105.</td>
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<td>1.3.2. Figure 15</td>
<td>o List 3-5 key points to get shape of pose.</td>
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<td>1.3.3. Figure 16</td>
<td>o List 2-3 common teaching points.</td>
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<td>1.3.4. Figure 17</td>
<td>o List key benefits.</td>
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<td>2. Read Ch. 8 Know Your Body, 3rd part, in Gem [pp.64-65]</td>
<td>o List contraindications.</td>
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<td></td>
<td>2.1. Create study outline.</td>
<td>• List modifications for:</td>
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<td></td>
<td></td>
<td>2.2. Trace:</td>
<td>▪ Neck and shoulder pain</td>
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<td>2.2.1. Figure 2</td>
<td>▪ Sore knees</td>
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<td>2.2.2. Figure 3</td>
<td>▪ Sore backs</td>
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<td>2.3. Label:</td>
<td>▪ Sore hips</td>
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<td>2.3.1. Figure 2</td>
<td>• Teach pose aloud 3 times.</td>
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<tr>
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<td></td>
<td>2.3.2. Figure 3</td>
<td>• Record self teaching pose as in assessment.</td>
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<td>3. Study Sutra II.37.</td>
<td>• Review recording.</td>
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<tr>
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<td>3.1. Read sutra in LoYSP [p.142].</td>
<td>• List done well / do better.</td>
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<tr>
<td></td>
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<td>3.2. Make study notes.</td>
<td>• Complete timed Intro. I asana practice.</td>
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<td>3.3. Listen to instructional chanting 12 times.</td>
<td>• Practice classic asana.</td>
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<td></td>
<td>3.4. Write Anglicized Sanskrit 12 times.</td>
<td>o Note any differences between classic asana and pose as taught for this assessment level.</td>
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<td>4. Review prior weeks’ sutras.</td>
<td>• Review prior weeks’ study cards.</td>
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<td></td>
<td>5. Review prior weeks’ study guides.</td>
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</tbody>
</table>
## IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

| 10 | 17 September 2012 – 23 September, 2012 | 1. Read Ch. 8 Know Your Body, 4th part, in *Gem* [pp. 65-67]  
1.1. Create study outline.  
1.2. Trace Figure 4  
1.3. Label Figure 4  
2. Read:  
2.1. Ch. 5 Nadis and Chakras, 1st part in 1.1 Theory, *LoP* [pp. 32-37 to Chakras].  
2.2. Pt. III Pranayama Hints and Cautions, 2nd part, in *LoY* [pp. 436-440]  
2.3. Create combined study outline.  
3. Study Sutra II.38.  
3.1. Read sutra in *LoYSP* [p.143-144].  
3.2. Make study notes.  
3.3. Listen to instructional chanting 12 times.  
3.4. Write Anglicized Sanskrit 12 times.  
4. Review prior weeks’ sutras.  
5. Review prior weeks’ study guides. | Ardha Chandrasana  
- Read:  
  - PC at 35-37  
  - Gem at 130-131, 132-133  
  - LoY at 74-76  
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- **Complete timed Intro. asana practice.**  
- Practice classic asana.  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
| 11 | 24 September 2012 – 30 September 2012 |     | Parsvottanasana  
|     | (arms down, concave & convex) |     | **1.** Read Ch. 8 Know Your Body, 5th part, in Gem [pp. 67 - 71]  
|     | 1.1. Create study outline. |     | • Read:  
|     | 1.2. Trace:  
|     | 1.2.1. Figure 5A |  | o PC at 44-47  
|     | 1.2.2. Figure 5B |  | o Gem at 133-135, 140  
|     | 1.3. Label:  
|     | 1.3.1. Figure 5A |  | o LoY at 78-81  
|     | 1.3.2. Figure 5B |  | • Create 5 x 7 study card.  
|     | 2. Read Ch. 5 Nadis and Chakras, 2nd part in 1.1 Theory, LoP [pp. 37-39]. |  | • Include picture on one side.  
|     | 2.1. Add to combined study outline. |  | o List English, Anglicized Sanskrit and alternate names.  
|     | 3. Study Sutra II.39. |  | o List classification according to Gem, pp. 95-105.  
|     | 3.1. Read sutra in LoYSP [p.144-145]. |  | o List 3-5 key points to get shape of pose.  
|     | 3.2. Make study notes. |  | o List 2-3 common teaching points.  
|     | 3.3. Listen to instructional chanting 12 times. |  | o List key benefits.  
|     | 3.4. Write Anglicized Sanskrit 12 times. |  | o List contraindications.  
|     | 4. Review prior weeks’ sutras. |  | o List modifications for:  
|     | 5. Review prior weeks’ study guides. |  | ▪ Neck and shoulder pain  
|     |     |  | ▪ Sore knees  
|     |     |  | ▪ Sore backs  
|     |     |  | ▪ Sore hips  
|     |     |  | • Teach pose aloud 3 times.  
|     |     |  | • Record self teaching pose as in assessment.  
|     |     |  | • Review recording.  
|     |     |  | • List done well / do better.  
|     |     |  | **Complete timed Intro. 1 asana practice.**  
|     |     |  | • Practice classic asana.  
|     |     |  | ▪ Note any differences between classic asana and pose as taught for this assessment level.  
|     |     |  | • Review prior weeks’ study cards.  |
# IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

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<td>01 October 2012 – 07 October 2012</td>
</tr>
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1. Read Ch. 6 Guru and Sisya in 1.1 Theory, LoP [pp. 40 to 42].
   1.1. Create study outline.
2. Read Ch. 7 Food in 1.1 Theory, LoP [pp. 42 to 45].
   2.1. Create study outline.
3. Study Sutra II.40.
   3.1. Read sutra in LoYSP [p.145-146].
   3.2. Make study notes.
   3.3. Listen to instructional chanting 12 times.
   3.4. Write Anglicized Sanskrit 12 times.
4. Review prior weeks’ sutras.
5. Review prior weeks’ study guides.

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Prasarita Padottanasana (concave back as in LoY plate 31)

- Read:
  - PC at 47-49
  - Gem at 135-136, 140
  - LoY at 81-84
- Create 5 x 7 study card.
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- Teach pose aloud 3 times.
- Record self teaching pose as in assessment.
- Review recording.
- List done well / do better.
- **Complete timed Intro. I asana practice.**
- Practice classic asana.
  - Note any differences between classic asana and pose as taught for this assessment level.
- Review prior weeks’ study cards.
| 13  | 08 October 2012 – 14 October 2012 | 1. Read Ch. 8 Obstacles and Aids in 1.1 Theory, LoP [pp. 46 to 47].  
1.1. Create study outline.  
2. Read Ch. 9 The Effects of Pranayama in 1.1 Theory, LoP [pp. 48 to 50].  
2.1. Create study outline.  
3. Study Sutra II.41.  
3.1. Read sutra in LoYSP [p.146].  
3.2. Make study notes.  
3.3. Listen to instructional chanting 12 times.  
3.4. Write Anglicized Sanskrit 12 times.  
4. Review prior weeks’ sutras.  
5. Review prior weeks’ study guides. | Parighasana  
- Read:  
  - PC at 42-44  
  - LoY at 85-87  
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- **Complete timed Intro. I asana practice.**  
- Practice classic asana.  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
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</thead>
</table>
1.1. Read sutra in LoYSP [p.146-147].  
1.2. Make study notes.  
1.3. Listen to instructional chanting 12 times.  
1.4. Write Anglicized Sanskrit 12 times.  
2. Review prior weeks’ sutras.  
3. Review prior weeks’ study guides.  

- Review prior weeks’ study cards:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
  o Utthita Parsvakonasana  
  o Ardha Chandrasana  
  o Parsvottanasana (arms down, concave & convex)  
  o Prasarita Padottanasana (concave)  
  o Parighasana  
- Teach aloud 1-2 times:  
  o Tadasana.  
  o Vrksasana.  
  o Utthita Trikonasana.  
  o Virabhadrasana II  
  o Utthita Parsvakonasana  
  o Ardha Chandrasana  
  o Parsvottanasana (arms down, concave & convex)  
  o Prasarita Padottanasana (concave)  
  o Parighasana  
- **Complete timed Intro. I asana practice.**
### IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>15</th>
<th>22 October 2012 – 28 October 2012</th>
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</thead>
</table>
|    | 1. Read Ch. The Leaves in *The Tree of Yoga* (ToY) [pp. 57 to 60].  
   1.1. Create study outline.  
   2. Read Ch. Pranayama in ToY [pp. 124 to 131].  
   2.1. Create study outline.  
   3. Study Sutra II.43.  
   3.1. Read sutra in *LoYSP* [p.147].  
   3.2. Make study notes.  
   3.3. Listen to instructional chanting 12 times.  
   3.4. Write Anglicized Sanskrit 12 times.  
   4. Review prior weeks’ sutras.  
   5. Review prior weeks’ study guides. | Padangusthasana  
(concave and downward extending spine)  
- Read:  
  - PC at 51-52  
  - Gem at 136-137, 140  
  - LoY at 89-90  
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- **Complete timed Intro. 1 asana practice.**  
- Practice classic asana.  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
<table>
<thead>
<tr>
<th>Date</th>
<th>Task</th>
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</table>
| 29 October 2012 – 04 November 2012 | 1. Read Ch. VII Pt. 1 Menstruation in Gem [pp. 47-52]  
1.1. Create study guide.  
2. Study Sutra II.44.  
2.1. Read sutra in LoYSP [p.148].  
2.2. Make study notes.  
2.3. Listen to instructional chanting 12 times.  
2.4. Write Anglicized Sanskrit 12 times.  
3. Review prior weeks’ sutras.  
4. Review prior weeks’ study guides. |
|             | Padahastasana (concave and downward extending spine)  
- Read LoY at 91-92.  
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- **Complete timed Intro. I asana practice.**  
- Practice classic asana.  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
**IYENGAR YOGA INTRODUCTORY I STUDY GUIDE**

<table>
<thead>
<tr>
<th>17</th>
<th>05 November 2012 – 11 November 2012</th>
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</thead>
</table>
| 1. | Read:  
|     | 1.1. Ch. IV Are Women Eligible for Yoga? in *Gem* [pp.33-36]  
|     | 1.2. Ch. VI Is Yoga Ideal for Women? in *Gem* [pp.42-46]  
|     | 1.3. Create combined study guide.  
| 2. | Study Sutra II.45.  
|     | 2.1. Read sutra in *LoYSP* [p.148-149].  
|     | 2.2. Make study notes.  
|     | 2.3. Listen to instructional chanting 12 times.  
|     | 2.4. Write Anglicized Sanskrit 12 times.  
| 3. | Review prior weeks’ sutras.  
| 4. | Review prior weeks’ study guides.  

| Uttanasana  
(concave back) |
|----------------|
| - Read:  
|   - PC at 49-51  
|   - Gem at 137-138, 140  
|   - LoY at 92-93  
| - Create 5 x 7 study card.  
|   - Include picture on one side.  
|   - List English, Anglicized Sanskrit and alternate names.  
|   - List classification according to *Gem*, pp. 95-105.  
|   - List 3-5 key points to get shape of pose.  
|   - List 2-3 common teaching points.  
|   - List key benefits.  
|   - List contraindications.  
|   - List modifications for:  
|     - Neck and shoulder pain  
|     - Sore knees  
|     - Sore backs  
|     - Sore hips  
| - Teach pose aloud 3 times.  
| - Record self teaching pose as in assessment.  
| - Review recording.  
| - List done well / do better.  
| - [Complete timed Intro. I asana practice](#).  
| - Practice classic asana.  
|   - Note any differences between classic asana and pose as taught for this assessment level.  
| - Review prior weeks’ study cards. |
1.1. Create study guide.  
2. Study Sutra II.46.  
2.1. Read sutra in *LoYSP* [p.149-150].  
2.2. Make study notes.  
2.3. Listen to instructional chanting 12 times.  
2.4. Write Anglicized Sanskrit 12 times.  
3. Review prior weeks’ sutras.  
4. Review prior weeks’ study guides. | Adho Mukha Svanasana (with support)  
| Read:  
| o PC at 52-54  
| o Gem at 136-137, 140  
| o LoY at 110-111  
| Create 5 x 7 study card.  
| o Include picture on one side.  
| o List English, Anglicized Sanskrit and alternate names.  
| o List classification according to *Gem*, pp. 95-105.  
| o List 3-5 key points to get shape of pose.  
| o List 2-3 common teaching points.  
| o List key benefits.  
| o List contraindications.  
| o List modifications for:  
| ▪ Neck and shoulder pain  
| ▪ Sore knees  
| ▪ Sore backs  
| ▪ Sore hips  
| Teach pose aloud 3 times.  
| Record self teaching pose as in assessment.  
| Review recording.  
| List done well / do better.  
| **Complete timed Intro. I asana practice.**  
| Practice classic asana.  
| o Note any differences between classic asana and pose as taught for this assessment level.  
<p>| Review prior weeks’ study cards. |</p>
<table>
<thead>
<tr>
<th>19</th>
<th>18 November 2012 – 25 November 2012</th>
<th>THANKSGIVING WEEK</th>
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<tr>
<td></td>
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<td>1. Review prior weeks’ sutras.</td>
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<td>2. Review prior weeks’ study guides.</td>
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<td>o Vrksasana.</td>
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<td>o Ardha Chandrasana</td>
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<td>o Parsvottanasana (arms down, concave &amp; convex)</td>
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<td>o Prasarita Padottanasana (concave)</td>
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<td>o Adho Mukha Svanasana</td>
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<td>• Teach aloud 1-2 times:</td>
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<td>o Tadasana.</td>
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<td>o Vrksasana.</td>
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<td>o Utthita Trikonasana.</td>
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<td>o Virabhadrasana II</td>
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<td>o Adho Mukha Svanasana</td>
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<td>• <strong>Complete timed Intro. I asana practice.</strong></td>
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**IYENGAR YOGA INTRODUCTORY I STUDY GUIDE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
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</thead>
</table>
| 26 November 2012 – 02 December 2012 | 1. Begin to read Ch. 1 Guiding the Teachers in Basic Guidelines for Teachers of Yoga (Basic Guidelines) [pp. 9-20]  
  1.1. Create study guide based on pages read.  
  2. Study Sutra II.47.  
  2.1. Read sutra in LoYSP [p.150-151].  
  2.2. Make study notes.  
  2.3. Listen to instructional chanting 12 times.  
  2.4. Write Anglicized Sanskrit 12 times.  
  3. Review prior weeks’ sutras.  
  4. Review prior weeks’ study guides.  
  Utkatasana  
  - Read:  
    - PC at 22-26  
    - LoY at 88-89  
  - Create 5 x 7 study card.  
    - Include picture on one side.  
    - List English, Anglicized Sanskrit and alternate names.  
    - List classification according to Gem, pp. 95-105.  
    - List 3-5 key points to get shape of pose.  
    - List 2-3 common teaching points.  
    - List key benefits.  
    - List contraindications.  
    - List modifications for:  
      - Neck and shoulder pain  
      - Sore knees  
      - Sore backs  
      - Sore hips  
  - Teach pose aloud 3 times.  
  - Record self teaching pose as in assessment.  
  - Review recording.  
  - List done well / do better.  
  - Complete timed Intro. I asana practice.  
  - Practice classic asana.  
    - Note any differences between classic asana and pose as taught for this assessment level.  
  - Review prior weeks’ study cards. |
### IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Assignment</th>
</tr>
</thead>
</table>
| 03 December 2012 – 09 December 2012 | 1. Continue to read Ch. 1 Guiding the Teachers in Basic Guidelines [pp. 9-20]  
  1.1. Create study guide based on pages read.  
  2. Study Sutra II.48.  
  2.1. Read sutra in LoYSP [p.151-152].  
  2.2. Make study notes.  
  2.3. Listen to instructional chanting 12 times.  
  2.4. Write Anglicized Sanskrit 12 times.  
  3. Review prior weeks’ sutras.  
  4. Review prior weeks’ study guides. |

**Dandasana**

- **Read:**
  - PC at 55-57
  - Gem at 141-142, 148-149
  - LoY at 112
- **Create 5 x 7 study card.**
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- **Teach pose aloud 3 times.**
- **Record self teaching pose as in assessment.**
- **Review recording.**
- **List done well / do better.**
- **Complete timed Intro. I asana practice.**
- **Practice classic asana.**
  - Note any differences between classic asana and pose as taught for this assessment level.
- **Review prior weeks’ study cards.**
### IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>Date</th>
<th>Task</th>
<th>Notes</th>
</tr>
</thead>
</table>
| 22 December 2012 – 16 December 2012 | 1. Complete reading Ch. 1 Guiding the Teachers in Basic Guidelines [pp. 9-20]  
   1.1. Create study guide based on pages read.  
   2. Review Sutras II.29 to II.48. | Gomukhasana (arms only)  
   - Read:  
     o PC at 61-64  
     o LoY at 114-116  
   - Create 5 x 7 study card.  
     o Include picture on one side.  
     o List English, Anglicized Sanskrit and alternate names.  
     o List classification according to Gem, pp. 95-105.  
     o List 3-5 key points to get shape of pose.  
     o List 2-3 common teaching points.  
     o List key benefits.  
     o List contraindications.  
     - List modifications for:  
       - Neck and shoulder pain  
       - Sore knees  
       - Sore backs  
       - Sore hips  
   - Teach pose aloud 3 times.  
   - Record self teaching pose as in assessment.  
   - Review recording.  
   - List done well / do better.  
   - Complete timed Intro. I asana practice.  
   - Practice classic asana.  
   o Note any differences between classic asana and pose as taught for this assessment level.  
   - Review prior weeks’ study cards. |
| 17 December 2012 – 23 December 2012 | 1. Read Ch. 2 Attention While Handling Problems in Basic Guidelines [pp. 21-28], with specific focus on pp. 21-24.  
1.1. Create study guide based on pages read.  
2. Review Sutras II.29 to II.48.  

|  | Siddhasana  
- Read:  
  - Gem at 81,164-166, 170  
  - LoY at 116-120, 432  
  - LoP at 55, 66, 281  
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- Complete timed Intro. I asana practice.  
- Practice classic asana.  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
<table>
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<tr>
<th>Date</th>
<th>Activity</th>
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**Complete timed Intro. I asana practice.**<br>  - Tadasana.<br>  - Vrksasana.<br>  - Utthita Trikonasana<br>  - Virabhadrasana II<br>  - Utthita Parsvakonasana<br>  - Ardha Chandrasana<br>  - Parsvottanasana (arms down, concave & convex)<br>  - Prasarita Padottanasana (concave)<br>  - Parighasana<br>  - Padangustasana<br>  - Padahastasana<br>  - Uttanasana<br>  - Adho Mukha Svanasana (with support)<br>  - Utkatasana<br>  - Dandasana<br>  - Gomukhasana (arms only)<br>  - Siddhasana
2. Review Sutras II.29 to II.48.  
3. Chant Sutras II.29 to II.48. | • Review prior weeks’ study cards:  
○ Tadasana.  
○ Vrksasana.  
○ Utthita Trikonasana.  
○ Virabhadrasana II  
○ Utthita Parsvakonasana  
○ Ardha Chandrasana  
○ Parsvottanasana (arms down, concave & convex)  
○ Prasarita Padottanasana (concave)  
○ Parighasana  
○ Padangustasana  
○ Padahastasana  
○ Uttanasana  
○ Adho Mukha Svanasana (with support)  
○ Utkatasana  
○ Dandasana  
○ Gomukhasana (arms only)  
○ Siddhasana  
• Teach each pose aloud 1-2 times.  
• Complete timed Intro. I asana practice. |
<table>
<thead>
<tr>
<th>Date</th>
<th>Task</th>
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</table>
| 07 January 2013 – 13 January 2013 | 1. Begin to read Ch. 3 Sequence in Basic Guidelines [pp. 29-38]  
2. Review prior weeks’ study outlines.  

### Virasana
- Read:
- PC at 60-61
- Gem at 81, 86, 88, 164, 166-168, 170, 269-270
- LoY at 120-123, 432
- LoP at 55, 57, 66, 286
- Create 5 x 7 study card.  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips
- Teach pose aloud 3 times.
- Record self teaching pose as in assessment.
- Review recording.
- List done well / do better.
- **Complete timed Intro. I asana practice.**
- Practice classic asana.
  - Note any differences between classic asana and pose as taught for this assessment level.
- Review prior weeks’ study cards.
<table>
<thead>
<tr>
<th>Date</th>
<th>Assignment</th>
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</table>
| 14 January 2013 – 20 January 2013 | 1. Complete reading Ch. 3 Sequence in Basic Guidelines [pp. 29-38]  
2. Create study guide based on pages read.  
3. Review Week 1 study outlines.  
4. Review Sutras II.29 to II.48.  
5. Chant Sutras II.29 to II.48.  
   Parvatasana in Svastikasana  
   - Read:  
     o PC at 59-60  
     o LoP at 55, 56  
   - Create 5 x 7 study card.  
     o Include picture on one side.  
     o List English, Anglicized Sanskrit and alternate names.  
     o List classification according to Gem, pp. 95-105.  
     o List 3-5 key points to get shape of pose.  
     o List 2-3 common teaching points.  
     o List key benefits.  
     o List contraindications.  
     o List modifications for:  
       ▪ Neck and shoulder pain  
       ▪ Sore knees  
       ▪ Sore backs  
       ▪ Sore hips  
   - Teach pose aloud 3 times.  
   - Record self teaching pose as in assessment.  
   - Review recording.  
   - List done well / do better.  
   - Complete timed Intro. I asana practice.  
   - Practice classic asana.  
     o Note any differences between classic asana and pose as taught for this assessment level.  
   - Review prior weeks’ study cards. |
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<tr>
<th>Date</th>
<th>Assignment</th>
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<thead>
<tr>
<th>Pose: Triang Mukhaikapada Paschimottanasana</th>
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<tr>
<td><strong>Read:</strong></td>
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<tr>
<td>o PC at 68-69, 73-74</td>
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<tr>
<td>o Gem at 88, 94, 145-147, 148-149,</td>
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<tr>
<td>o LoY at 156-157</td>
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<td><strong>Create 5 x 7 study card:</strong></td>
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<td>o Include picture on one side.</td>
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<td>▪ Sore backs</td>
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<tr>
<td>▪ Sore hips</td>
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<td><strong>Teach pose aloud 3 times.</strong></td>
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<tr>
<td><strong>Record self teaching pose as in assessment.</strong></td>
</tr>
<tr>
<td><strong>Review recording.</strong></td>
</tr>
<tr>
<td><strong>List done well / do better.</strong></td>
</tr>
<tr>
<td><strong>Complete timed Intro. I asana practice.</strong></td>
</tr>
<tr>
<td><strong>Practice classic asana.</strong></td>
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<tr>
<td>o Note any differences between classic asana and pose as taught for this assessment level.</td>
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<tr>
<td><strong>Review prior weeks’ study cards.</strong></td>
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</tbody>
</table>
| 29 | 28 January 2013 – 03 February 2013 | 1. Read Ch. 5 Variety of Sequences for Acquaintance in Basic Guidelines [pp. 57-69]  
1.1. Create study guide based on pages read.  
2. Review Week 3 study outlines.  
4. Chant Sutras II.29 to II.48. | Marichyasana I  
(twist only)  
• Read:  
  o PC at 70-71, 73-74  
  o Gem at 88, 94, 147-149  
  o LoY at 159-161  
• Create 5 x 7 study card.  
  o Include picture on one side.  
  o List English, Anglicized Sanskrit and alternate names.  
  o List classification according to Gem, pp. 95-105.  
  o List 3-5 key points to get shape of pose.  
  o List 2-3 common teaching points.  
  o List key benefits.  
  o List contraindications.  
  o List modifications for:  
    ▪ Neck and shoulder pain  
    ▪ Sore knees  
    ▪ Sore backs  
    ▪ Sore hips  
• Teach pose aloud 3 times.  
• Record self teaching pose as in assessment.  
• Review recording.  
• List done well / do better.  
• **Complete timed Intro. I asana practice.**  
• Practice classic asana.  
  o Note any differences between classic asana and pose as taught for this assessment level.  
• Review prior weeks’ study cards. |
### IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>04 February 2013 – 10 February 2013</th>
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</thead>
<tbody>
<tr>
<td>1. Begin to read Ch. 6 Theoretical Background in Basic Guidelines [pp. 70-93], with specific focus on pp. 70-74; 76 (paragraph #13 and #14); pp. 88-89 (paragraph ##18-23).</td>
<td>1. <strong>Malasana</strong> (with wall support for sacrum, arms extended parallel to floor) (away from wall, heels on rolled blanket, arms extended parallel to floor, knees together)</td>
</tr>
</tbody>
</table>
| 2. Review Week 5 study outlines. | 2. **Read:**  
| 1.1. Create study guide based on pages read. |   |
| 2. Review Week 5 study outlines. |   |

- **Malasana**  
  (with wall support for sacrum, arms extended parallel to floor)  
  (away from wall, heels on rolled blanket, arms extended parallel to floor, knees together)

- **Read:**  
  - Gem at 86, 88, 161-163  
  - LoY at 262-266

- **Create 5 x 7 study card.**  
  - Include picture on one side.  
  - List English, Anglicized Sanskrit and alternate names.  
  - List classification according to Gem, pp. 95-105.  
  - List 3-5 key points to get shape of pose.  
  - List 2-3 common teaching points.  
  - List key benefits.  
  - List contraindications.  
  - List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips

- **Teach pose aloud 3 times.**  
- **Record self teaching pose as in assessment.**  
- **Review recording.**  
- **List done well / do better.**  
- **Complete timed Intro. I asana practice.**  
- **Practice classic asana.**  
  - Note any differences between classic asana and pose as taught for this assessment level.  
- **Review prior weeks’ study cards.**
<table>
<thead>
<tr>
<th>Date</th>
<th>11 February 2013 – 17 February 2013</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
<td>Continue to read Ch. 6 Theoretical Background in Basic Guidelines [pp. 70-93]</td>
</tr>
<tr>
<td></td>
<td>1.1. Create study guide based on pages read.</td>
</tr>
<tr>
<td></td>
<td>2. Review Week 6 study outlines.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Salamba Sarvangasana I</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Read:</td>
</tr>
<tr>
<td>o PC at 84</td>
</tr>
<tr>
<td>o Gem at 45, 53, 54, 82, 197-201, 215-216</td>
</tr>
<tr>
<td>o LoY at 57, 205-213</td>
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<tr>
<td>• Create 5 x 7 study card.</td>
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<tr>
<td>o Include picture on one side.</td>
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<tr>
<td>o List English, Anglicized Sanskrit and alternate names.</td>
</tr>
<tr>
<td>o List classification according to Gem, pp. 95-105.</td>
</tr>
<tr>
<td>o List 3-5 key points to get shape of pose.</td>
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<tr>
<td>o List 2-3 common teaching points.</td>
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<tr>
<td>o List key benefits.</td>
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<td>o List contraindications.</td>
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<tr>
<td>o List modifications for:</td>
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<td>▪ Sore knees</td>
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<td>▪ Sore backs</td>
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<td>▪ Sore hips</td>
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<tr>
<td>• Teach pose aloud 3 times.</td>
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<tr>
<td>• Record self teaching pose as in assessment.</td>
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<tr>
<td>• Review recording.</td>
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<tr>
<td>• List done well / do better.</td>
</tr>
<tr>
<td>• <a href="#">Complete timed Intro. I asana practice.</a></td>
</tr>
<tr>
<td>• Practice classic asana.</td>
</tr>
<tr>
<td>o Note any differences between classic asana and pose as taught for this assessment level.</td>
</tr>
</tbody>
</table>
| • Review prior weeks’ study cards.
| 32 | 18 February 2013 – 24 February 2013 | 1. Complete reading Ch. 6 Theoretical Background in Basic Guidelines [pp. 70-93]  
   1.1. Create study guide based on pages read.  
   2. Review Week 7 study outlines.  
   4. Chant Sutras II.29 to II.48. | Halasana  
   (feet on stool)  
   • Read:  
     o PC at 88-89  
     o Gem at 45, 54, 79, 80, 82, 84, 87, 89, 90, 92, 93, 120, 141, 273-274, 258-259  
     o LoY at 156-157  
   • Create 5 x 7 study card.  
     o Include picture on one side.  
     o List English, Anglicized Sanskrit and alternate names.  
     o List classification according to Gem, pp. 95-105.  
     o List 3-5 key points to get shape of pose.  
     o List 2-3 common teaching points.  
     o List key benefits.  
     o List contraindications.  
     o List modifications for:  
       ▪ Neck and shoulder pain  
       ▪ Sore knees  
       ▪ Sore backs  
       ▪ Sore hips  
   • Teach pose aloud 3 times.  
   • Record self teaching pose as in assessment.  
   • Review recording.  
   • List done well / do better.  
   • Complete timed Intro. I asana practice.  
   • Practice classic asana.  
     o Note any differences between classic asana and pose as taught for this assessment level.  
   • Review prior weeks’ study cards. |
<table>
<thead>
<tr>
<th>33</th>
<th>25 February 2013 – 03 March 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Begin to read Ch. 7 Hathayoga Pradipika in <em>Basic Guidelines</em> [pp. 94-104]</td>
</tr>
<tr>
<td></td>
<td>1.1. Create study guide based on pages read.</td>
</tr>
<tr>
<td></td>
<td>2. Review Week 9 study outlines.</td>
</tr>
</tbody>
</table>

Karnapidasana

- Read:
  - PC at 89
  - Gem at 203-204, 215-216
  - LoY at 57, 220-221
- Create 5 x 7 study card.
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- Teach pose aloud 3 times.
- Record self teaching pose as in assessment.
- Review recording.
- List done well / do better.
- Complete timed Intro. I asana practice.
- Practice classic asana.
  - Note any differences between classic asana and pose as taught for this assessment level.
- Review prior weeks’ study cards.
<table>
<thead>
<tr>
<th>Date</th>
<th>Assignment</th>
</tr>
</thead>
</table>
| 04 March 2013 – 10 March 2013 | 1. Continue to read Ch. 7 Hathayoga Pradipika in Basic Guidelines [pp. 94-104]  
I.1. Create study guide based on pages read.  
2. Review Week 10 study outlines.  

<table>
<thead>
<tr>
<th></th>
<th>Supta Konasana</th>
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<tbody>
<tr>
<td></td>
<td>• Read:</td>
</tr>
<tr>
<td></td>
<td>o PC at 89</td>
</tr>
<tr>
<td></td>
<td>o Gem at 204-205, 215-216</td>
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<td></td>
<td>o LoY at 57, 221-222</td>
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<tr>
<td></td>
<td>• Create 5 x 7 study card.</td>
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<td>o Include picture on one side.</td>
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<td>o List English, Anglicized Sanskrit and alternate names.</td>
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<td>o List classification according to Gem, pp. 95-105.</td>
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<td>o List 3-5 key points to get shape of pose.</td>
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<td>• Teach pose aloud 3 times.</td>
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<td>• Record self teaching pose as in assessment.</td>
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<td>• <strong>Complete timed Intro. I asana practice.</strong></td>
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<td>• Practice classic asana.</td>
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<td></td>
<td>o Note any differences between classic asana and pose as taught for this assessment level.</td>
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<td></td>
<td>• Review prior weeks’ study cards.</td>
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<tr>
<td>1.</td>
<td>Complete reading Ch. 7 Hathayoga Pradipika in Basic Guidelines [pp. 94-104]</td>
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<tr>
<td></td>
<td>1.1. Create study guide based on pages read.</td>
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<tr>
<td>2.</td>
<td>Review Week 11 study outlines.</td>
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</table>

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<thead>
<tr>
<th>Chatushpadasana (hands holding ankles)</th>
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<tbody>
<tr>
<td>• Read:</td>
</tr>
<tr>
<td>o Gem at 45, 53, 208, 211, and plate 102, 215-216</td>
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<tr>
<td>o LoY at 227-229, and plate 258</td>
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<tr>
<td>• Create 5 x 7 study card.</td>
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<tr>
<td>o Include picture on one side.</td>
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<tr>
<td>o List English, Anglicized Sanskrit and alternate names.</td>
</tr>
<tr>
<td>o List classification according to Gem, pp. 95-105.</td>
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<tr>
<td>o List 3-5 key points to get shape of pose.</td>
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<td>o List 2-3 common teaching points.</td>
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<td>o List modifications for:</td>
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<td>• Teach pose aloud 3 times.</td>
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<td>• Record self teaching pose as in assessment.</td>
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<td>• List done well / do better.</td>
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<td>• <strong>Complete timed Intro. I asana practice.</strong></td>
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<td>o Note any differences between classic asana and pose as taught for this assessment level.</td>
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<tr>
<td>• Review prior weeks’ study cards.</td>
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</table>
## IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
</table>
   1.1. Create study guide based on pages read.  
   1.2. Trace diagrams on pages read.  
   2. Review Week 12 study outlines.  

### Setubandha Sarvangasana (sacrum supported on block)

- **Read:**
  - PC at 114-115
  - Gem at 45, 53, 79, 84, 87, 89, 92, 93, 120, 208-211, 215-216
  - LoY at 227-230
- **Create 5 x 7 study card.**
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- **Teach pose aloud 3 times.**
- **Record self teaching pose as in assessment.**
- **Review recording.**
- **List done well / do better.**
- **Complete timed Intro. I asana practice.**
- **Practice classic asana.**
  - Note any differences between classic asana and pose as taught for this assessment level.
- **Review prior weeks’ study cards.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Tasks</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 March 2013 – 31 March 2013</td>
<td><strong>SPRING BREAK</strong></td>
<td></td>
</tr>
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<td><strong>DUE APRIL 1!</strong></td>
<td><strong>GIVE FORMS TO RECOMMENDING TEACHERS ON OR BEFORE APRIL 1!</strong></td>
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<tr>
<td>Week</td>
<td>Dates</td>
<td>Task</td>
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<td>----------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
| 38   | 01 April 2013 – 07 April 2013 | 1. Continue to read Ch. 8 Anatomy in Basic Guidelines [pp. 105-123]  
1.1. Create study guide based on pages read.  
1.2. Trace diagrams on pages read.  
2. Review prior weeks’ study outlines.  
4. Chant Sutras II.29 to II.48. | Urdhva Prasarita Padasana (90 degrees)  
• Read:  
  o Gem at 87, 90, 217-220, 229  
  o LoY at 240-242  
• Create 5 x 7 study card.  
  o Include picture on one side.  
  o List English, Anglicized Sanskrit and alternate names.  
  o List classification according to Gem, pp. 95-105.  
  o List 3-5 key points to get shape of pose.  
  o List 2-3 common teaching points.  
  o List key benefits.  
  o List contraindications.  
  o List modifications for:  
    ▪ Neck and shoulder pain  
    ▪ Sore knees  
    ▪ Sore backs  
    ▪ Sore hips  
• Teach pose aloud 3 times.  
• Record self teaching pose as in assessment.  
• Review recording.  
• List done well / do better.  
• [Complete timed Intro. I asana practice.](#)  
• Practice classic asana.  
  o Note any differences between classic asana and pose as taught for this assessment level.  
• Review prior weeks’ study cards. |
| Date: 08 April 2013 – 14 April 2013 | Activity: 1. Complete reading Ch. 8 Anatomy in Basic Guidelines [pp. 105-123]  
1.1. Create study guide based on pages read.  
1.2. Trace diagrams on pages read.  
2. Review Week 15 study outlines.  
(turning, without holding upper arm)  
- Read:  
  o PC at 75-76  
  o Gem at 88, 92, 275, 230-232  
  o LoY at 251-253  
- Create 5 x 7 study card.  
  o Include picture on one side.  
  o List English, Anglicized Sanskrit and alternate names.  
  o List classification according to Gem, pp. 95-105.  
  o List 3-5 key points to get shape of pose.  
  o List 2-3 common teaching points.  
  o List key benefits.  
  o List contraindications.  
  o List modifications for:  
    - Neck and shoulder pain  
    - Sore knees  
    - Sore backs  
    - Sore hips  
- Teach pose aloud 3 times.  
- Record self teaching pose as in assessment.  
- Review recording.  
- List done well / do better.  
- **Complete timed Intro. I asana practice.**  
- Practice classic asana.  
  o Note any differences between classic asana and pose as taught for this assessment level.  
- Review prior weeks’ study cards. |
1. Begin to answer questions in Ch. 9 Questions – Objective and Narrative in Basic Guidelines [pp. 124-134]. Identify those questions that relate to Introductory I syllabus.
2. Review Week 16 study outlines.

Savasana
(on bolster with eyes covered, observing the normal in breath and out breath)

- Read:
  - PC at 116-117
  - 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 5 x 7 study card.
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get shape of pose.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- Teach pose aloud 3 times.
- Record self teaching pose as in assessment.
- Review recording.
- List done well / do better.
- Complete timed Intro. I asana practice.
- Practice classic asana.
  - Note any differences between classic asana and pose as taught for this assessment level.
- Review prior weeks’ study cards.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
</tr>
</thead>
</table>
| 22 April 2013 – 28 April 2013 | 1. Continue to answer questions in Ch. 9 Questions – Objective and Narrative in *Basic Guidelines* [pp. 124-134]. Identify those questions that relate to Introductory I syllabus.  
2. Review Week 17 study outlines.  

**DUE MAY 1!**

**POSTMARK ASSESSMENT APPLICATION ON OR BEFORE MAY 1!**

**Ujjayi I & II**

- Read:
  - PC at 118
  - Gem at
    - UI: 54-56, 85, 90, 91, 93, 94, 120, 306, 307, 313-316
    - UII: 90, 93, 308, 309, 319-321
  - LoY at 441-443
  - LoP at 123-131, 145, 284
- Create 5 x 7 study card.
  - Include picture on one side.
  - List English, Anglicized Sanskrit and alternate names.
  - List classification according to Gem, pp. 95-105.
  - List 3-5 key points to get points of pranayama.
  - List 2-3 common teaching points.
  - List key benefits.
  - List contraindications.
  - List modifications for:
    - Neck and shoulder pain
    - Sore knees
    - Sore backs
    - Sore hips
- Teach pranayama aloud 3 times.
- Record self teaching pranayama as in assessment.
- Review recording.
- List done well / do better.
- Practice pranayama daily.
- Practice classic pranayama.
  - Note any differences between classic pranayama and pranayama as taught for this assessment level.
- Review prior weeks’ study cards.
# IYENGAR YOGA INTRODUCTORY I STUDY GUIDE

<table>
<thead>
<tr>
<th>42</th>
<th>29 April 2013 – 05 May 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1. Finish answering questions in Ch. 9 Questions – Objective and Narrative in Basic Guidelines [pp. 124-134]. Identify those questions that relate to Introductory I syllabus.</td>
</tr>
<tr>
<td></td>
<td>2. Review Week 18 study outlines.</td>
</tr>
</tbody>
</table>

- **Viloma I & II**
  - Read:
    - Gem at
      - VI: 54, 85, 86, 88, 89, 92, 93, 307, 308, 316-319
      - LoY at 455-457
      - LoP at 146-147, 151, 286
  - Create 5 x 7 study card.
    - Include picture on one side.
    - List English, Anglicized Sanskrit and alternate names.
    - List classification according to Gem, pp. 95-105.
    - List 3-5 key points to get points of pranayama.
    - List 2-3 common teaching points.
    - List key benefits.
    - List contraindications.
    - List modifications for:
      - Neck and shoulder pain
      - Sore knees
      - Sore backs
      - Sore hips
  - Teach pranayama aloud 3 times.
  - Record self teaching pranayama as in assessment.
  - Review recording.
  - List done well / do better.
  - Practice pranayama daily.
  - Practice classic pranayama.
    - Note any differences between classic pranayama and pranayama as taught for this assessment level.
  - Review prior weeks’ study cards.

Leanne Cusumano Roque
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| 05 May 2013 – 11 May 2013 | 1. Review all study outlines.  
                           2. Review Sutras II.29 to II.48.  
                           3. Chant Sutras II.29 to II.48.  
                           4. Answer the following questions, with citations:  
                                      4.1. What is the definition of yoga?  
                                      4.2. What are the names and definitions of the 4 padas of the Patanjala Yoga Sutra?  
                                      4.3. What are the Sanskrit names and definitions of the eight limbs of astanga yoga?  
                                      4.4. What are the Sanskrit names and definitions of the yamas and niyamas?  
                                      4.5. How do you construct a sequence for a beginners’ class?  
                                      4.6. What is an appropriate sequence for menstruation?  
                                      4.7. Name and define the major systems of the body.  
                                      4.8. What are the name, shape, and location of each of the major bones of the body?  
                                      4.9. What are the major superficial muscles of the body?  
                           • Review all study cards.  
                           • Record self teaching all poses.  
                           • List done well / do better.  
                           • Complete timed Intro. I 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 JOYOUSLY!