

Group	Name	Index	Int-1	Int-2	Notes
Utthistha (Standing)	Tadasana	PC-14 (1)	1		
Utthistha (Standing)	Vrksasana	PC-21 (8)	2		
Utthistha (Standing)	Utthita Trikonasana	PC-27 (12)	3		
Utthistha (Standing)	Virabhadrasana II	PC-28 (13)	4		
Utthistha (Standing)	Utthita Parsvakonasana	PC-31 (14)	5		
Utthistha (Standing)	Virabhadrasana I	PC-32 (15)	6		
Utthistha (Standing)	Ardha Chandrasana	PC-35 (18)	7		See also <i>Art of Yoga</i> , plate 12
Utthistha (Standing)	Parsvottanasana	PC-45 (23)	8	8	I-1: Arms down, concave & convex; I-2: Classic
Utthistha (Standing)	Prasarita Padottanasana I	PC-47 (24)	9	9	I-1: Concave back, LOY Pl. 31; I-2: Classic
Utthistha (Standing)	Parighasana	PC-42 (22)	10		
Utthistha (Standing)	Padangusthasana	PC-51 (26)	11		I-1: Concave & downward extending spine
Utthistha (Standing)	Pada Hastasana	IC-13 (2)	12		I-1: Concave & downward extending spine
Utthistha (Standing)	Uttanasana	PC-49 (25)	13	10	I-1: Concave back; I-2: Classic
Utthistha (Standing)	Adho Mukha Svanasana	PC-52 (27)	14	7	I-1&2: With support
Utthistha (Standing)	Utkatasana	PC-22 (9)	15		
Utthistha (Standing)	Garudasana	IC-20 (6)		1	
Utthistha (Standing)	Parivritta Trikonasana	PC-39 (20)		2	
Utthistha (Standing)	Parivritta Parsvakonasana	PC-41 (21)		3	
Utthistha (Standing)	Parivritta Ardha Chandrasana	IC-30 (13)		4	See <i>Art of Yoga</i> , plate 13; Int. Course, page 30 (not in LOY)
Utthistha (Standing)	Virabhadrasana III	PC-37 (19)		5	
Utthistha (Standing)	Utthita Hasta Padangusthasana	IC-22 (7)		6	I-2: Leg to the front, w & w/o support
Upavistha (Sitting)	Dandasana	PC-55 (28)	16		
Upavistha (Sitting)	Gomukhasana	PC-61 (38)	17		I-1: Arms only
Upavistha (Sitting)	Siddhasana	IC-32 (14)	18		
Upavistha (Sitting)	Virasana	PC-60 (36)	19		
Upavistha (Sitting)	Parvatasana (in Swastikasana)	PC-60 (35)	20		
Upavistha (Sitting)	Baddha Konasana	PC-57 (31)		21	I-2: Sitting straight, give margin if difficult
Upavistha (Sitting)	Upavistha Konasana	PC-58 (32)		23	I-2: Sitting straight
Paschima Pratana (Forward)	Trianga Mukhaikapada Paschimottanasana	PC-68 (41)	21		
Paschima Pratana (Forward)	Marichyasana I	PC-70 (42)	22	25	I-1: Twist only, LOY Pl. 143; I-2: Forward bend, Pl. 144
Paschima Pratana (Forward)	Malasana	IC-50 (23)	23		I-1: arms extended parallel to floor with (a) sacrum on wall or
Paschima Pratana (Forward)	Malasana	IC-50 (23)	23		(b) off wall, heels on blanket, knees together (LOY Pl. 317)
Paschima Pratana (Forward)	Malasana	IC-50 (23)	37		I-2: Heels down, can grasp wall hooks or similar, LOY Pl. 317
Paschima Pratana (Forward)	Janu Sirsasana	PC-66 (40)	24		
Paschima Pratana (Forward)	Paschimottanasana	PC-65 (39)	26		I-2: aka Ugrasana or Brahmacharyasana
Parivrtta (Lateral)	Bharadvajasana I	PC-75 (44)	31	35	I-1: Without holding upper arm; I-2: Classic
Parivrtta (Lateral)	Bharadvajasana II	PC-77 (45)		36	
Parivrtta (Lateral)	Marichyasana III	IC-51 (24)		38	I-2: Opposite bent elbow over bent knee, LOY Pl. 301
Parivrtta (Lateral)	Ardha Matsyendrasana I	IC-52 (25)		39	I-2: w/support: blanket on foot; against wall; LOY Pl. 307-8
Viparita (Inversions)	Salamba Sarvangasana	PC-84 (48)	24	28	
Viparita (Inversions)	Halasana	PC-88 (52)	25	29	I-1: Feet on stool; I-2: Toes on floor, Pl. 240
Viparita (Inversions)	Karnapidasana	PC-89 (53)	26		
Viparita (Inversions)	Supta Konasana	PC-89 (54)	27		
Viparita (Inversions)	Chatuspadasana	IC-65 (32.a)	28		See LOY Pl. 258; See <i>Yoga: A Gem for Women</i> , Pl. 102
Viparita (Inversions)	Salamba Sirsasana	PC-81 (47)		27	I-2: Using wall; know how to teach with ropes when available
Viparita (Inversions)	Eka Pada Sarvangasana	PC-85 (49)		30	
Viparita (Inversions)	Parsva Pada Sarvangasana	PC-86 (50)		31	I-2: As far as possible
Viparita (Inversions)	Parsva Halasana	PC-89 (55)		32	
Udara Akunchana (Abdominal)	Urdhva Prasarita Padasana	PC-93 (56)	30		I-1: 90°
Udara Akunchana (Abdominal)	Paripurna Navasana	PC-94 (57)		18	
Udara Akunchana (Abdominal)	Ardha Navasana	IC-75 (39)		19	
Udara Akunchana (Abdominal)	Supta Padangusthasana I	PC-95 (58.a)		34	I-2: First stage (LOY Pl. 284)
Udara Akunchana (Abdominal)	Supta Padangusthasana II	PC-95 (58.b)		34.5	I-2: Lateral stage (LOY Pl. 287)
Purva Pratana (Backward)	Urdhva Mukha Svanasana	PC-99 (60)		11	
Purva Pratana (Backward)	Chaturanga Dandasana	PC-98 (59)		12	
Purva Pratana (Backward)	Bhujangasana I	LOY-107 (73)		13	
Purva Pratana (Backward)	Dhanurasana	PC-100 (61)		14	
Purva Pratana (Backward)	Salabhasana	PC-100 (62)		15	
Purva Pratana (Backward)	Makarasana	LOY-100 (62)		16	
Purva Pratana (Backward)	Ustrasana	PC-101 (63)		17	
Purva Pratana (Backward)	Urdhva Dhanurasana	IC-80 (41)		40	I-2: On chair, hands & feet on blocks or floor; against wall
Purva Pratana (Backward)	Urdhva Dhanurasana	IC-80 (41)		40	Also (formerly) known as Uttana Mayurasana
Purva Pratana (Backward)	Dwi Pada Viparita Dandasana	IC-76 (40)		41	I-2: On chair; legs parallel to floor, hold chair legs
Visranta Karaka (Restorative)	Setubhanda Sarvangasana	PC-114 (69)	29	33	I-1: Sacrum on block; I-2: Bent knees; drop to wall, block, chair
Visranta Karaka (Restorative)	Savasana	PC-117 (71)	32	42	I-1: On bolster, eyes covered, observing normal in/out breath
Visranta Karaka (Restorative)	Supta Virasana	PC-111 (65)		20	I-2: Supported & not supported
Visranta Karaka (Restorative)	Supta Baddha Konasana	PC-112 (66)		22	
Pranayama (Pranayama)	Ujjayi Pranayama I-IV in Savasana	IC-102 (54)		43	I-1: Ujjayi I & II; I-2: Ujjayi III & IV
Pranayama (Pranayama)	Viloma Pranayama I-II in Savasana	IC-107 (55)		44	I-1: V-1 (in) & V-2 (out); I-2: V-3 (in & out)
Pranayama (Pranayama)	Bhramari Pranayama in Savasana	IC-109 (56)		45	I-2: IA, IB, IIA, IIB