

# **ACADEMY OF FINE ARTS (LONDON)**

## **PUBLIC EXAMINATION**

**in**

## **Yoga Vidya Syllabus**

### **First Grade**

**(Minimum age to sit for exam - 6 years)**

### **Practical examination only**

**All lessons to be practised at a slow pace and presented at the examination.**

1. Savasana
2. Surya Namaskara
3. Sitting Asanas (Sukhasana, Vrajasana, Ekapadmasana)
4. Basic Pranayama (Anuloma Viloma)
5. Basic Chants – Guru brahma, Ganaanaam, Yogenā Citasya, sahana vavathu, Purna Midah

### **Oral Theory:**

#### **To be completed at the practical examinations.**

1. Introduction to Yoga in general and introducing Yoga Vidya.
2. Introduction to Pranayama
3. Importance of all the postures, its significance and therapeutic uses.
4. Basic pranayama and its observances, technique and therapeutic uses
5. Sanskrit alphabets

#### **NOTE:**

**At the practical exam students should submit a list of 2 asanas learnt or covered for the grade.**

**ACADEMY OF FINE ARTS (LONDON)**  
**PUBLIC EXAMINATION**  
**in**  
**Syllabus for Yoga Vidya**  
**Second Grade**  
**(Minimum age to sit for exam - 7 years)**

**Practical:**

1. Eye Exercises
2. Single Leg Raises and Double leg Raises and variations
3. Spinal twist
4. Pranayama- Naddi Suddhi, Kapala Bhati
5. Nasika Mudra, Chin Mudra
6. Chants – Swasti Prajabhya, Traymbkam, 15 chapter of Gita, (Aham ....)

**Written Theory:**

**Candidates need to sit for a written paper for one hour and it will include the following topics:**

1. Significance of Chanting Om
2. Introducing Six Purification based on Gheranda Samhita
3. Introducing Tattva Bodha, Japa(Lord Dakshinamoorthy Mula Mantra).
4. Introduction to Mudra
5. Choosing Ista Devata
6. Pranayama and its observances, technique and therapeutic uses
7. Significance of each asana and its benefits
8. Sanskrit – Parts of the body, colours, God's names and months of the year.

**NOTES:**

1. All students sitting for the practical exams should submit a list of all the asanas learnt covered for the grade and for the previous grade and other topics covered in the syllabus.
2. At the practical exam, students will have to demonstrate the asanas and answer simple questions in Yoga asanas
3. Previous Grade's syllabus should be covered when sitting for this grade.

# ACADEMY OF FINE ARTS (LONDON)

## PUBLIC EXAMINATION

in

**Yoga vidya**

**Third Grade**

**(Minimum age to sit for exam - 10 years)**

### **Practical:**

1. Vajrasana
2. Sarvangasana,
3. Halasana
4. Matsyasana
5. Padahasthasana
6. Setubandhasana
7. Kapalabhati
8. Surya Namaskara With Mantras
9. **Chants – Guru stotram, Singing Bhajan**

### **Theory:**

**Candidates need to sit for a written paper for one and half hour and it will include the following topics:**

1. Kapalahasthi, advanced Pranayama and its observances, technique and therapeutic uses.
2. Introducing Patanjali Yoga Sutra (Yama and Niyama)
3. Significance of Japa (Why and how)
4. Introducing Puja (Panchopachara Puja)
5. Tattva Bodha
6. Basic functional anatomy of the musculoskeletal system
7. Healthy nutrition and maintenance of musculoskeletal physiology
8. Significance of each asana in this grade and its benefits
9. Sanskrit – Simple sentences or reading 15<sup>th</sup> Chapter of Gita.

### **NOTES:**

1. All students sitting for the practical exams should submit a list of all the asanas learnt covered for the grade and for the previous grade and other topics covered in the syllabus.
2. At the practical exam, students will have to demonstrate the asanas and answer simple questions in Yoga asanas
3. Previous Grade's syllabus should be covered when sitting for this grade.

**ACADEMY OF FINE ARTS (LONDON)**  
**PUBLIC EXAMINATION**  
**in**  
**Yoga vidya**  
**Fourth Grade**  
**(Minimum age to sit for exam 12 years)**

**Practical:**

1. Bhujangasana
2. Ardha Salbhasana,
3. Salbhasana
4. Sarala Dhanurasana
5. Dhanurasana
6. Sasankasana
7. Uttanasana
8. **Chants: Dhyana Slokas of 5 deities, Kayena Vacha,**

**Theory:**

**Candidates need to sit for a written paper for Two hours and it will include the following topics:**

1. Significance of each asana in this grade and its benefits
2. Basic functional anatomy of the cardiorespiratory system
3. Basic Physiology of the cardiorespiratory system
4. Briefly on benefits of Yoga in cardiovascular disease conditions (e.g hypertension, stroke etc).
5. Gayathri and Pranayama
6. Nutritional aspects for cardio-respiratory fitness.
7. Karma Yoga Based on Bhagavad Gita
8. Tattva Bodha
9. Patanjali Yoga Sutra (other 6)

**NOTES:**

1. All students sitting for the practical exams should submit a list of all the asanas learnt covered for the grade and for the previous grade and other topics covered in the syllabus.
2. At the practical exam, students will have to demonstrate the asanas and answer simple questions in Yoga asanas
3. Previous Grade's syllabus should be covered when sitting for this grade.

# ACADEMY OF FINE ARTS (LONDON)

## PUBLIC EXAMINATION in CARNATIC MUSIC

### Vocal Examinations

## Grade 1 to 4 Syllabus

Effective from April 2011 Exams

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**This syllabus supersedes all previous versions**

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