

Important Asanas in Iyengar's Light on Yoga Course I
Hatha Yoga Level 1-2 (use props and adaptations for students with limitations)

Standing

Uttanasana - Standing Forward bend
Utthita Trikonasana - Extended Triangle
Parivritta Trikonasana - Revolved Triangle
Utthita Parsvakonasana - Extended Lateral Angle
Parivritta Parsvakonasana - Revolved Lateral Angle
Virabhadrasana I/A - Warrior I [or vinyasa to next position]
Virabhadrasana III - Warrior III
Ardha chandrasana - Half-Moon Pose
Parsvottanasana - Side Angle Pose
Prasarita Padottanasana - Wide Leg Forward bend
Adho Mukha Svanasana - Downward Facing Dog
Virasana - Hero's Pose
Ustrasana - Camel

Prone

Shalabhasana - Locust
Dhanurasana - Bow

Seated

Pariipurna Navasana - Full Boat
Ardha Navasana - Half Boat
Baddha Konasana - Bound Angle
Padmasana - Lotus
Matsyasana - Fish
Janusirsasana - Head to the Knee
Paschimottanasana - Seated Forward Bend

Inversions

Sirshasana - Headstand
Salambha sarvangasana - Shoulderstand
Halasana - Plow

Twists

Maricyasana III - Seated Twist, clasping around one knee
Ardha Matsyendrasana - Seated Twist, both knees folded
Siddhasana - Accomplished Pose
Savasana - Corpse, final relaxation