ADVANCE YOGA AGE GROUP 7-12, 12-18, 18-25, 25-35, 35-45, 45+

KARNPIDASAN

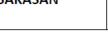
- 1. TOES, HEELS & KNEES TOUCHING GROUND
- 2. THIGHS PERPENDICULAR THE GROUND
- 3. HEAD UNDER KNEES
- 4. THIGHS TOUCH CHEST
- 1. PLAMS ON GROUND UPTO SHOULDER WIDTH
- 2. LEGS, BACK MAKING MAX. ARCH
- 3. ONE LEG POINTIONG UPWARD

EKPAD CHAKRASAN



- 1. BOTH LEGS FOLDED TOGEATHER, KNEES ON HANDS
- 2. GAP IN HANDS UPTO SHOULDER WIDTH
- 3. BALANCE ON HANDS

BAKASAN



- 1. LEGS IN PADMASAN
- 2. HOLD ON HANDS
- 3. LEGS UP IN AIR

TOLASAN

EKPAD SETUBANDH SARVANGASAN

- 1. SHOULDERS & FLBOWS IN A LINE
- 2. CHIN TOUCHING CHEST
- 3. PLAM ON BACK



Urdhva prasarita ek padosana6

- 1. ONE LEG ON GROUND, OTHER ONE UPWARD
- 2. BOTH HANDS ON SIDE OF LEG
- 3. BOTH LEGS STRECHED
- 4. CHIN TOUCHING KNEE OF GROUNDED LEG

ARDH BADH PADOMATANSAN

- 1. ONE LEG KNEE FOLDED IN ARDH PADMASAN TOE GRIPPED WITH SAME HAND FROM BACK
- 2. LEG ON GROUND MAX. STRAIGHT
- 3. BACK MAX. STRECHED

SHIRSHASAN

- 1. TEMPLE OF HEAD ON GROUND
- 2. TOES POINTING UPWARD
- 3. ELBOWS PARALLEL
- 4. LEGS, BACK STRECHED
- 1. ONE LEG STRECHED PARALLEL TO GROUND WITH GRIPPED WITH BOTH HANDS
- 2. CHIN TOUCHING KNEE OF UPWARD LEG
- 3. BOTH LEGS STRAIGHT
- 4. BACK STRECHED

Utthita hasta padangusthasana



- 1. ONE HAND UNDER ONE LEG, GRIPPED WITH OTHER HAND ON BACK
- 2. LEG, WAIST & BACK IN A LINE AFTER TWISTING WAIST
- 3. OTHER LEG ON TOE

PARIVERTIT PARSHAVKON



IMPORTANT

- 1. TOTAL 5 AASANS HAVE TO PERFORM (4 OF YOUR CHOICE, 1 BY LOTTARY)
- 2. TOTAL TIME FOR PERFORM IS 4-5 MINUTES; HOLD ON EACH AASAN FOR 30 SEC.
- 4. EACH AASAN HAVE EQUAL MARKS