

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

<p align="center"><b>KARNPIDASAN</b></p> <ol style="list-style-type: none"> <li>1. TOES, HEELS &amp; KNEES TOUCHING GROUND</li> <li>2. THIGHS PERPENDICULAR THE GROUND</li> <li>3. HEAD UNDER KNEES</li> <li>4. THIGHS TOUCH CHEST</li> </ol> 	<p align="center"><b>EKPAD SETUBANDH SARVANGASAN</b></p> <ol style="list-style-type: none"> <li>1. SHOULDERS &amp; ELBOWS IN A LINE</li> <li>2. CHIN TOUCHING CHEST</li> <li>3. PLAM ON BACK</li> <li>4. LEGS STRAIGHT, ONE POINTION UPWARD , ANOTHER ON GROUND WITH TOUCHING FEET.</li> </ol> 	<p align="center"><b>SHIRSHASAN</b></p> <ol style="list-style-type: none"> <li>1. TEMPLE OF HEAD ON GROUND</li> <li>2. TOES POINTING UPWARD</li> <li>3. ELBOWS PARALLEL</li> <li>4. LEGS, BACK STRECHED</li> </ol> 
<ol style="list-style-type: none"> <li>1. PLAMS ON GROUND UPTO SHOULDER WIDTH</li> <li>2. LEGS, BACK MAKING MAX. ARCH</li> <li>3. ONE LEG POINTIONG UPWARD</li> </ol> <p align="center"><b>EKPAD CHAKRASAN</b></p> 	<p align="center"><b>Urdhva prasarita ek padosana6</b></p> <ol style="list-style-type: none"> <li>1. ONE LEG ON GROUND, OTHER ONE UPWARD</li> <li>2. BOTH HANDS ON SIDE OF LEG</li> <li>3. BOTH LEGS STRECHED</li> <li>4. CHIN TOUCHING KNEE OF GROUNDED LEG</li> </ol> 	<ol style="list-style-type: none"> <li>1. ONE LEG STRECHED PARALLEL TO GROUND WITH GRIPPED WITH BOTH HANDS</li> <li>2. CHIN TOUCHING KNEE OF UPWARD LEG</li> <li>3. BOTH LEGS STRAIGHT</li> <li>4. BACK STRECHED</li> </ol> <p align="center"><b>Utthita hasta padangusthasana</b></p> 
<ol style="list-style-type: none"> <li>1. BOTH LEGS FOLDED TOGEATHER, KNEES ON HANDS</li> <li>2. GAP IN HANDS UPTO SHOULDER WIDTH</li> <li>3. BALANCE ON HANDS</li> </ol> <p align="center"><b>BAKASAN</b></p> 	<p align="center"><b>ARDH BADH PADOMATANSAN</b></p> <ol style="list-style-type: none"> <li>1. ONE LEG KNEE FOLDED IN ARDH PADMASAN, TOE GRIPPED WITH SAME HAND FROM BACK</li> <li>2. LEG ON GROUND MAX. STRAIGHT</li> <li>3. BACK MAX. STRECHED</li> </ol> 	<ol style="list-style-type: none"> <li>1. ONE HAND UNDER ONE LEG, GRIPPED WITH OTHER HAND ON BACK</li> <li>2. LEG, WAIST &amp; BACK IN A LINE AFTER TWISTING WAIST</li> <li>3. OTHER LEG ON TOE</li> </ol> <p align="center"><b>PARIVERTIT PARSHAVKON</b></p> 
<ol style="list-style-type: none"> <li>1. LEGS IN PADMASAN</li> <li>2. HOLD ON HANDS</li> <li>3. LEGS UP IN AIR</li> </ol> <p align="center"><b>TOLASAN</b></p> 	<p align="center"><b>IMPORTANT</b></p> <ol style="list-style-type: none"> <li>1. TOTAL 5 AASANS HAVE TO PERFORM (4 OF YOUR CHOICE, 1 BY LOTTARY)</li> <li>2. TOTAL TIME FOR PERFORM IS 4-5 MINUTES; HOLD ON EACH AASAN FOR 30 SEC.</li> <li>3. EACH AASAN HAVE EQUAL MARKS</li> </ol>	