

General yoga age group 12-18, 18-25, 25-35, 35-45

<p align="center">ARDHBADH PADAM PASHCHIMOTANASAN</p> <p>1. ONE LEG ON ANOTHER THIGH , SAME HAND ON BACK WITH LOCKING OF SAME LEG</p> <p>2. BACK MAX. STRECH</p> <p>3. FOREHEAD ON LEG</p> 	<p align="center">UPVISHTKONASAN</p> <p>1. LEGS MAX. EXTENDED, TOES INWARD</p> <p>2. STOMACH & CHEST ON FLOOR</p> <p>2. HANDS FORWARD STRAIGHT</p> <p>3. KNEES STRAIGHT</p> 	<p>1. THIGH , HIPS & BACK MAKING MAX. ARCH</p> <p>2. HANDS & LEGS PERPENDICULAR TO GROUND</p> <p>3. NECK IN BETWEEN ARMS</p> <p align="center">CHAKRASANA</p> 
<p align="center">SETUBANDH SARVANGASANA</p> <p>1. SHOULDER & ELBOWS IN ONE LINE ON GROUND</p> <p>2. HEELS & TOES TOGETHER TOUCHING GROUND</p> <p>3. BACK MAXIMUM UPWARD</p> <p>4. PLAMS ON BACK</p> 	<p>1. ONE LEG ON GROUND, MUST BE STRAIGHT</p> <p>2. LEG, BACK AND BOTH ARMS MAX. STRECHED IN A LINE</p> <p>3. HEAD BETWEEN HANDS</p> <p align="center">VEERBHADRASANA 3</p> 	<p>1. FOLDED KNEE, NEAR HEEL OF ANOTHER LEG</p> <p>2. HANDS CROSSED IN FRONT OF NOSE</p> <p>3. IF LEFT KNEE ON GROUND, RIGHT ARM ABOVE LEFT ARM</p> <p>4. BACK ,HEAD & NECK STRAIGHT LINE</p> <p align="center">VATAYANASANA</p> 
<p>1. LEGS IN LOTUS POSE</p> <p>2. CRANIUM OF HEAD TOUCHING GROUND</p> <p>3. GRIPING TOES WITH HANDS AND ELBOWS ON GROUND</p> <p>4. BACK MAKING MAX. ARCH</p> <p align="center">MATSYASANA</p> 	<p>1. ONE LEG FEET STRAIGHT AND SAME HAND ON GROUND</p> <p>2. ANOTHER LEG & HAND UPWARD STRAIGHT</p> <p>3. ONE LINE OF LEG, WAIST AND SHOULDER</p> <p>4. FOCUS ON UPPER HAND</p> <p align="center">CHANDRASANA</p> 	<p>1. ONE LEG KNEE BEND NEAR THIGH</p> <p>2. WRIST GRIPPED WITH OTHER HAND ON BACK</p> <p>3 OTHER LEG STRAIGHT & TOE FORWARD</p> <p>4. CHIN ON STRAIGHT LEG KNEE</p> <p align="center">MARICHYASANA</p> 
<p>1. THIGH, BUTTOCKS & BACK MAKING MAX. ARCH.</p> <p>2. GRPPING FROM ANKLE, HANDS STRAIGHT</p> <p>3. NAVAL ON GROUND</p> <p align="center">DHANURASANA</p> 	<p align="center">IMPORTANT</p> <p>1. TOTAL 5 AASANS HAVE TO PERFORM</p> <p>2. ANY 4 AASANS OF YOUR LOTTARY CHOICE AND 1 AASAN OF CHOICE</p> <p>3. TOTAL TIME FOR PERFORMANCE IS 4-5 MINUTES</p> <p>4. HOLD ON EACH AASAN IS 30 SEC.</p> <p>5. EACH AASAN HAVE EQUAL MARKS</p>	