

General yoga age group 5-8, 8-12, 45-55 & 55+

<p>PADHASTASAN</p> <ol style="list-style-type: none"> HANDS ON GROUND KNEES STRAIGHT BACK STRAIGHT CHEST TOUCH BETWEEN LEGS 		<p>JANU SIRASAN</p> <ol style="list-style-type: none"> ONE LEG BEND OUTER SIDE, ANOTHER LEG STRAIGHT MAXIMUM GAP IN BOTH LEGS OPPOSITE HANDS ON LEGS SIDE BEND MAXIMUM 		<ol style="list-style-type: none"> CHEST WIDEST 2. SHOULDERS STRAIGHT 3 WAIST UP FROM NAVAL 4. LEGS TOGETHER 	<p>BHUJANGASAN</p> 
<ol style="list-style-type: none"> HANDS ON FEET. THIGHS & HANDS STRAIGHT BACK MAXIMUM BEND CHEST EXPANDED 		<ol style="list-style-type: none"> FEET HOLD WITH HANDS HIP REGION UPWARD MAXIMUM CHIN TOUCH TO CHEST 	<p>SETUBANDHASAN</p> 	<ol style="list-style-type: none"> ONE FEET ON ANOTHER THIGH BALANCE ON ONE LEG HANDS STRAIGHT UP BACK STRAIGHT 	<p>VRAKSHASAN</p> 
<ol style="list-style-type: none"> SHOULDERS AND LEGS IN A LINE BACK STRAIGHT BALANCE ON SHOULDER CAN HOLD WITH HANDS 	<p>SARVANGASAN</p> 	<ol style="list-style-type: none"> ONE LEG KNEE BEND BY 90 DEGREE AND SAME HAND ON GROUND ANOTHER LEG STRAIGHT , SAME HAND UP STRAIGHT ONE LINE OF LEG AND WAIST 	<p>FOR 5-8 & 55+</p> 	<ol style="list-style-type: none"> ONE KNEE ON ANOTHER KNEE BOTH HANDS ON BACK AND LOCK TOGETHER BACK STRAIGHT 	<p>GOUMUKHASAN</p> 
<ol style="list-style-type: none"> ONE LEG CROSS ANOTHER LEG THIGH TWIST WAIST AND HOLD SAME LEG FEET WITH SAME HAND ANOTHER HAND ON BACK 		<p>PARSHVKONASAN</p>  <p>FOR 8-12 & 45-55</p> <p>*(HANDS LOCK ON BACK)</p>	<p align="center">IMPORTANT</p> <ol style="list-style-type: none"> TOTAL 5 AASANS HAVE TO PERFORM ANY 4 AASANS OF YOUR LOTTARY CHOICE AND 1 AASAN OF CHOICE TOTAL TIME FOR PERFORMANCE IS 4-5 MINUTES HOLD ON EACH AASAN IS 30 SEC. EACH AASAN HAVE EQUAL MARKS 		