





PROFFESIONAL YOGA AGE GROUP 18-35, 35+

<ol style="list-style-type: none"> 1. GRIPPING OF BUTTOCK WITH FINGERS INTER LOCKING EACH OTHER 2. NECK TO REST ON CROSSING ANKLE 3. SHOULDER TAKEN OUT FROM CROSSING <p>YOGNIDRASAN</p> 	<ol style="list-style-type: none"> 1. ONE LEG PLACING ON SHOULDER, BACK AND NECK 2. SHOULDER TAKEN OUT FROM LEG 3. OTHER LEG FOLDED NEAR BUTTOCK <p>EKPAD SIRASAN 15</p> 	<ol style="list-style-type: none"> 1. SHOULDERS TAKEN OUT BETWEEN LEGS 2. BOTH LEGS STRAIGHT 3. HANDS ON BUTTOCK 4. BACK MAX. STRECHED <p>KEWALYASAN</p> 
<ol style="list-style-type: none"> 1. KNEES IN SQUAT POSITION 2. ONE ARM ROUND BOTH THIGHS, OTHER ARM FROM SHOULDER 3. WAIST MAX. TWISTED 4. GRIP BOTH HANDS AT BACK <p>PASASAN</p> 	<p>PADAM SHIRSHASAN</p> <ol style="list-style-type: none"> 1. TEMPLE OF HEAD ON GROUND 2. KNEES BEND IN PADMASAN 3. ELBOWS PARALLEL 4. LEGS, BACK STRECHED 	<ol style="list-style-type: none"> 1. BOTH LEGS SIDE WAYS 2. INTERLOCK THE LEGS BY PLACING ONE FOOT UPON OTHER ANKLE 3. ONE ARM GRIPPED BETWEEN THIGHS <p>Astavakrasan</p> 
<ol style="list-style-type: none"> 1. THIGH, HIPS & BACK MAKING MAX. ARCH 2. BOTH ARMS OVER THE HEAD & GRIP A TOE 3. HEAD RESTING ON FEET 4. OTHER LEG FOLDED ON GROUND 	<ol style="list-style-type: none"> 1. ONE LEG SIDEWAYS & OTHER LEG BACK, BOTH LEGS STRAIGHT 2. WAIST TWISTED, & BALANCE ON HANDS 3. TOES POINTING OUT <p>EKPAD KOUNDINYASAN</p> 	<ol style="list-style-type: none"> 1. BACK OF THE KNEE JOINT OF THE FRONT LEG , THE KNEE OF THE BACK LEG & BUTTOCKS TOUCH FLOOR 2. HANDS IN FRONT OF CHEST 3. BACK STRECHED <p>HANUMANASAN</p> 
<ol style="list-style-type: none"> 1. PLAM ON FLOOR, LEGS IN PADMASAN 2. DIAPHRAGM & STOMOCH PLACING ON ELBOWS & ARMS 3. BACK, BUTTOCK MAX. STRAIGHT <p>MAYURASAN</p> 	<p style="text-align: center;">IMPORTANT</p> <ol style="list-style-type: none"> 1. ANY 4 AASANS OF YOUR LOTTARY CHOICE AND 1 AASAN OF CHOICE 2. TOTAL TIME FOR PERFORM IS 4-5 MINUTES; HOLD ON EACH AASAN FOR 30 SEC. 3. EACH AASAN HAVE EQUAL MARKS 	