

OPTIONAL YOGASANA CHART

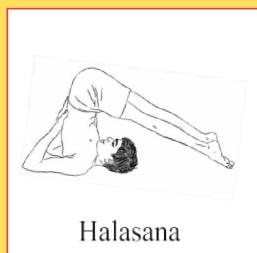
A

B

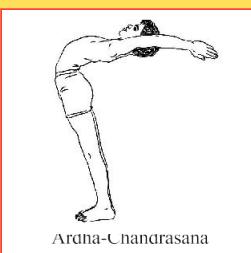
C

D

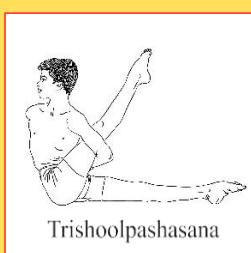
E



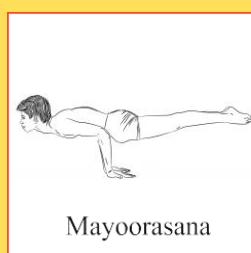
Halasana



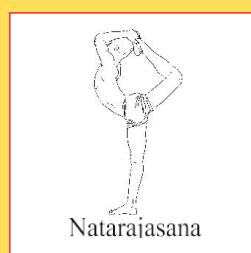
Ardha-Chandrasana



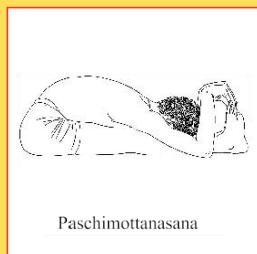
Trishoolpashasana



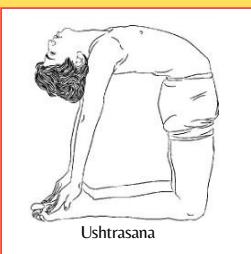
Mayoorasana



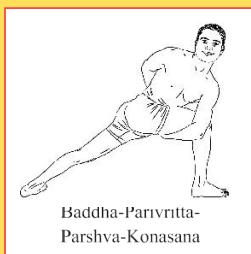
Natarajasana



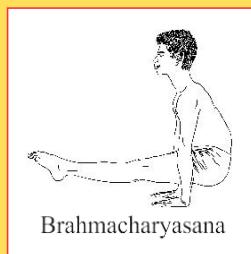
Paschimottanasana



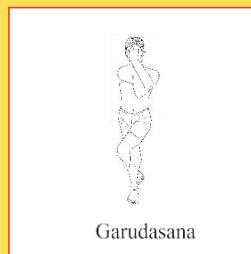
Ushtrasana



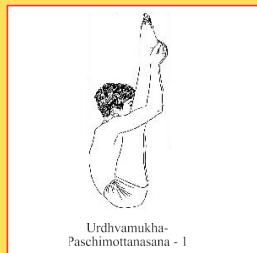
Baddha-Parivritta-
Parshva-Konasana



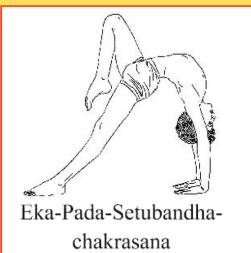
Brahmacharyasana



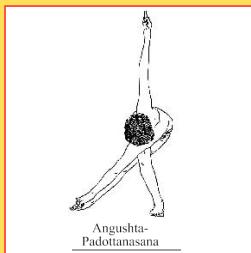
Garudasana



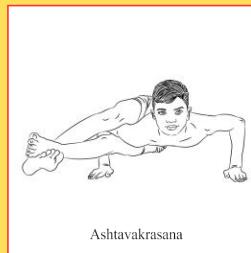
Urdhvamukha-
Paschimottanasana - 1



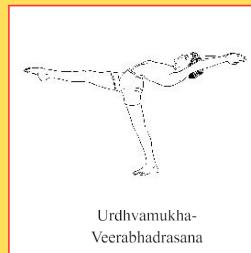
Eka-Pada-Setubandha-
chakrasana



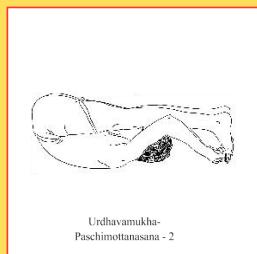
Angustha-
Padottanasana



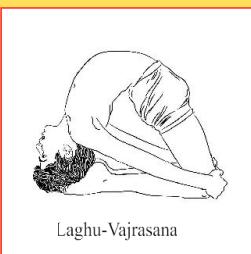
Ashtavakrasana



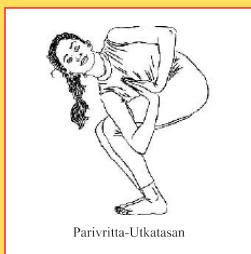
Urdhvamukha-
Veerabhadrasana



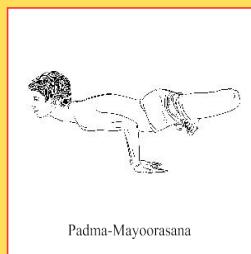
Urdhvamukha-
Paschimottanasana - 2



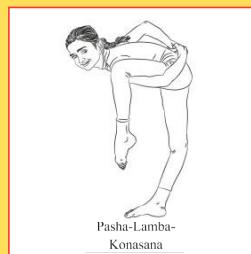
Laghu-Vajrasana



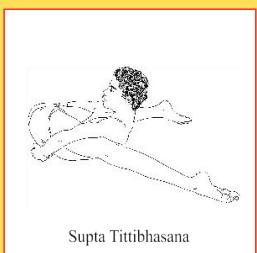
Parivritta-Utkatasan



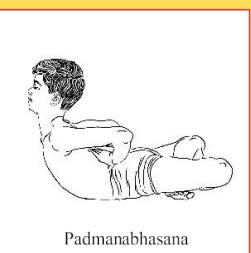
Padma-Mayoorasana



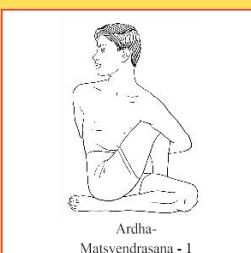
Pasha-Lamba-
Konasana



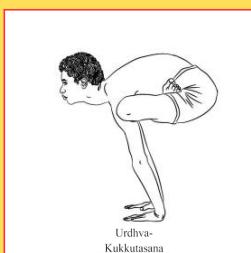
Supta Tittibhasana



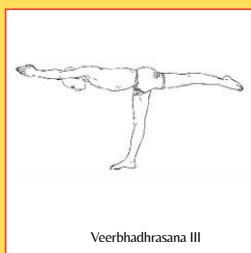
Padmanabhasana



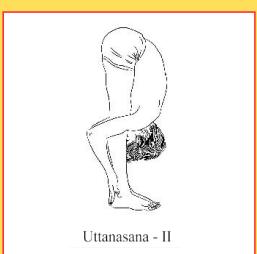
Ardha-
Matsyendrasana - 1



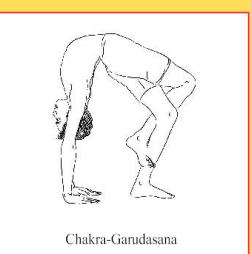
Urdhva-
Kukkutasana



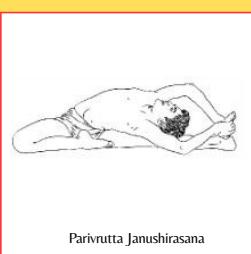
Veerabhadrasana III



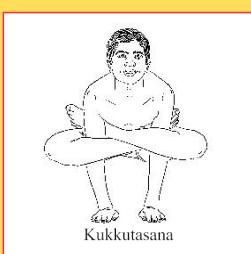
Uttanasana - II



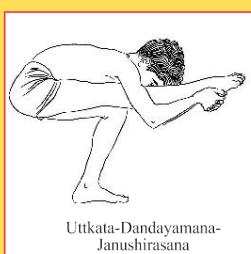
Chakra-Garudasana



Parivrtta Janushirasana



Kukkutasana

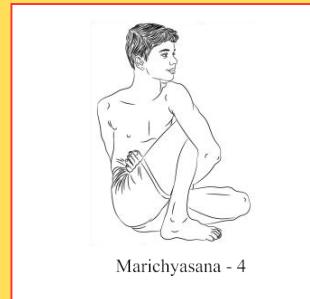
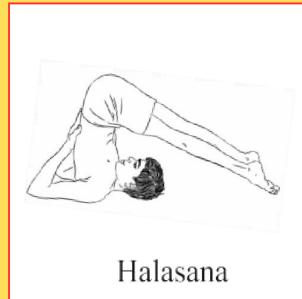
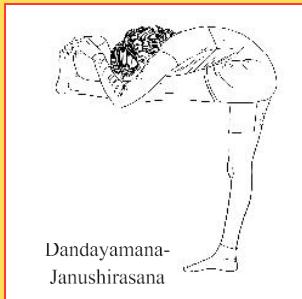
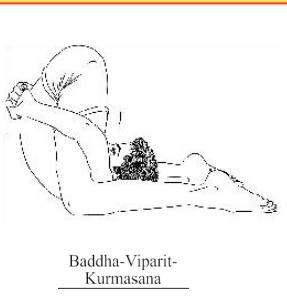


Uttkata-Dandayamana-
Janushirasana

Competitor shall select three (3) optional yogasanas from different varieties (A / B / C / D / E). Optional yogasanas can be performed only in the Final Round. Compulsory yogasanas must not be selected as optional yogasanas. Repetition of any yogasana or selection of yogasanas from the same variety will result in zero (0) marks for the second yogasana.

AGE = 30-34

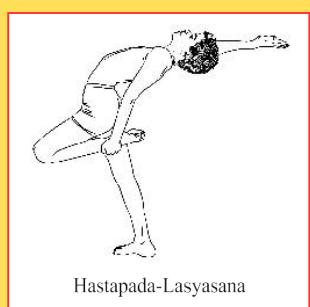
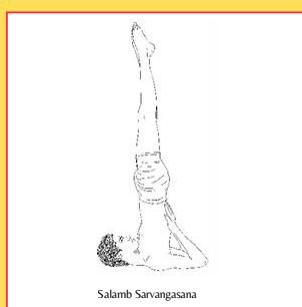
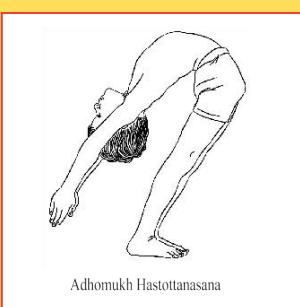
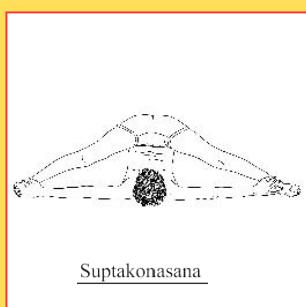
AGE = 35-39



AGE = 40-44

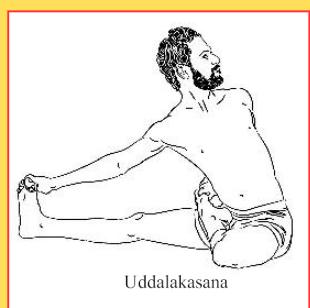
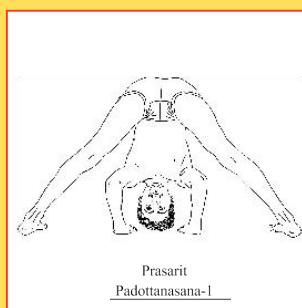
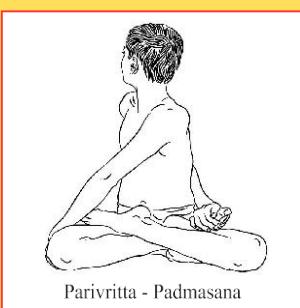
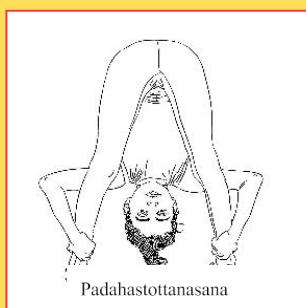
AGE = 45-49

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AGE = 50-54

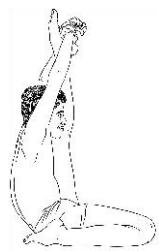
AGE = 55-59



FINAL ROUND SYLLABUS OF COMPULSORY YOGASANA

- COMPETITOR HAS TO PERFORM 2 COMPULSORY YOGASANA AND 3 OPTIONAL YOGASANA.
- COMPETITOR SHOULD SELECT 3 OPTIONAL YOGASANA FROM DIFFERENT VARIETIES FOR THE SELECTED CHART.
- HOLDING TIME COMPULSORY YOGASANA IS 15 SECOND IN FINAL ROUND.
- HOLDING TIME OPTIONAL YOGASANA IS 15 SECOND.
- ALWAYS START AND END YOUR YOGOSANA PERFORMANCE WITH NAMASTE MUDRA.

AGE = 30-34



Krounchasana



Ranaveerasana

AGE = 35-39

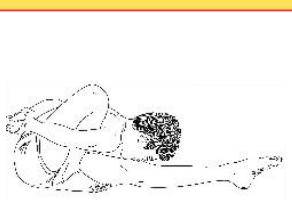


Parivritta-Trikonasana

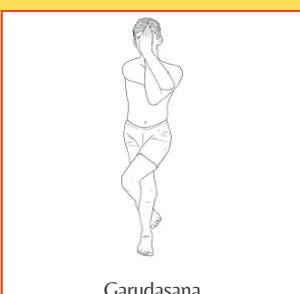


Vataynasana

AGE = 40-44



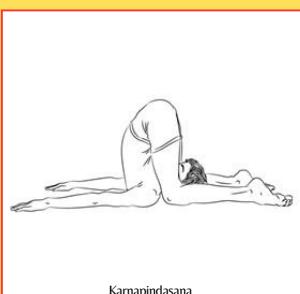
Maricchvasana - 1



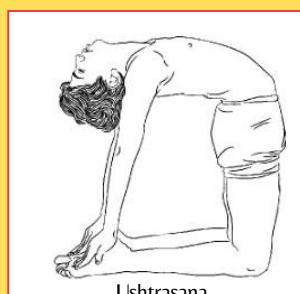
Garudasana

F
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AGE = 45-49

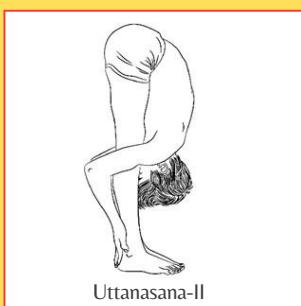


Karpindasana

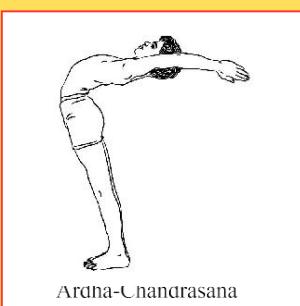


Ushtrasana

AGE = 50-54

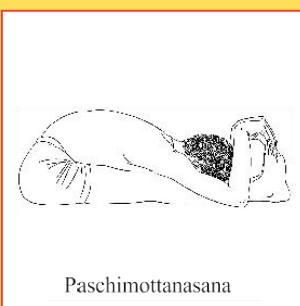


Uttanasana-II

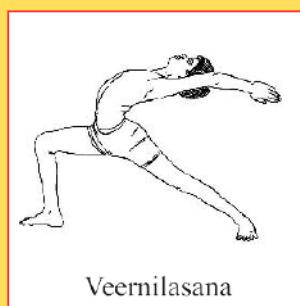


Ardha-Chandrasana

AGE = 55-59



Paschimottanasana

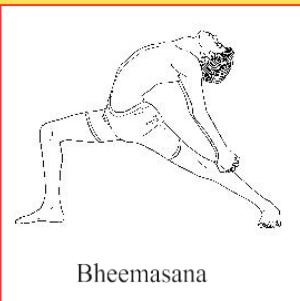


Veernilasana

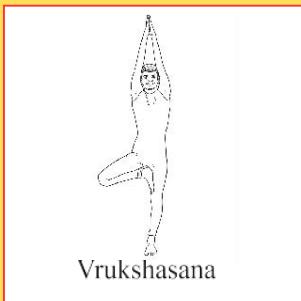
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- HOLDING TIME OPTIONAL YOGASANA IS 15 SECOND.
- ALWAYS START AND END YOUR YOGOSANA PERFORMANCE WITH NAMASTE MUDRA.

AGE = 60-64

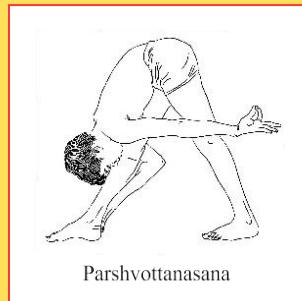


Bheemasana

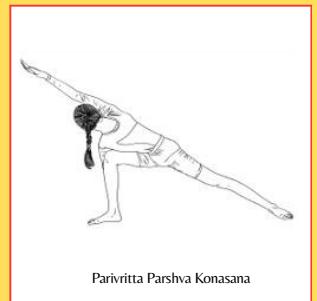


Vrukshasana

AGE = 65-69



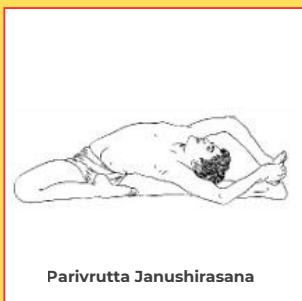
Parshvottanasana



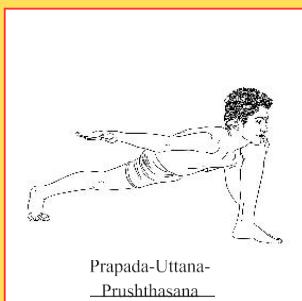
Parivritta Parshva Konasana

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AGE = 70-74

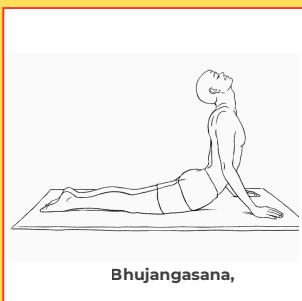


Parivrutta Janushirasana

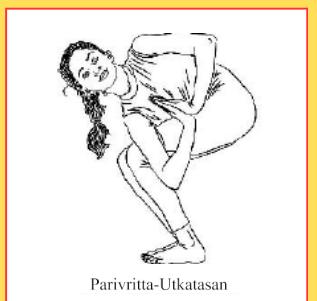


Prapada-Uttana-Prushthasana

AGE = 75 & Above



Bhujangasana,



Parivritta-Utkatasan

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- HOLDING TIME OPTIONAL YOGASANA IS 15 SECOND.
- ALWAYS START AND END YOUR YOGOSANA PERFORMANCE WITH NAMASTE MUDRA.

YOGA CONVENOR :-

**+91-97303-15713, +91-84858-26658,
+91-75780-54787, +91-94181-34716**