



# 8TH NATIONAL MASTERS GAMES-2026

PUNE-MAHARASHTRA (27TH - 31ST JAN.2026)



# YOGA



**ORGANIZED BY : Masters Games & Sports Association Maharashtra  
(Under the Auspices of Super Masters Games & Sports Federation INDIA)**



# OPTIONAL YOGASANA CHART

**A**



Halasana

**B**



Ardha-Chandrasana

**C**



Trishoolpashasana

**D**

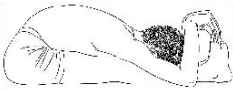


Mayoorasana

**E**



Natarajasana



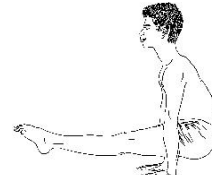
Paschimottasana



Ushtrasana



Baddha-Parivrita-Parshva-Konasana



Brahmacharyasana



Garudasana



Urdhvamukha-Paschimottasana - 1



Eka-Pada-Setubandha-chakrasana



Angushta-Padottasana



Ashtavakrasana



Urdhvamukha-Veerabhadrasana



Urdhvamukha-Paschimottasana - 2



Laghu-Vajrasana



Parivrita-Utkatasana



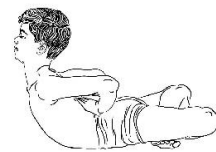
Padma-Mayoorasana



Pashu-Lamba-Konasana



Supta Tittibhasana



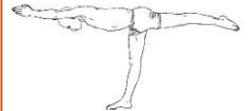
Padmanabhasana



Ardha-Matsvendasana - 1



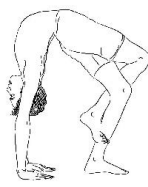
Urdhva-Kukkutasana



Veerabhadrasana III



Uttanasana - II



Chakra-Garudasana



Parivrita Janushirasana



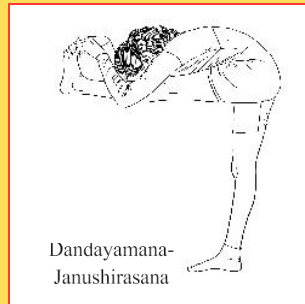
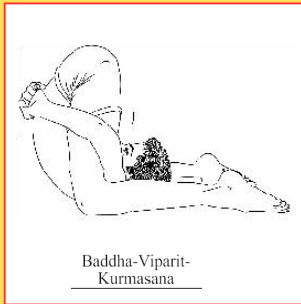
Kukkutasana



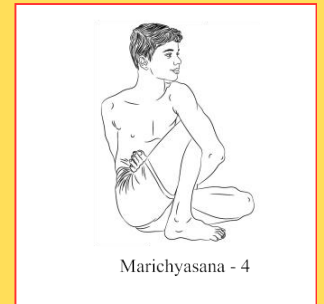
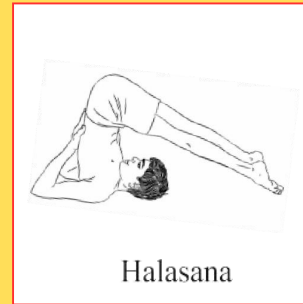
Uttkata-Dandayamana-Janushirasana

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.

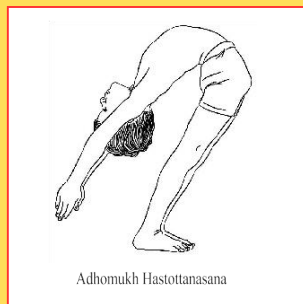
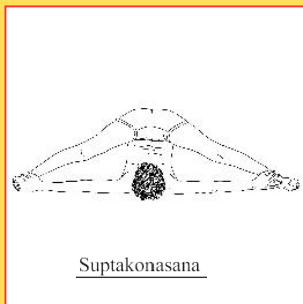
**AGE = 30-34**



**AGE = 35-39**

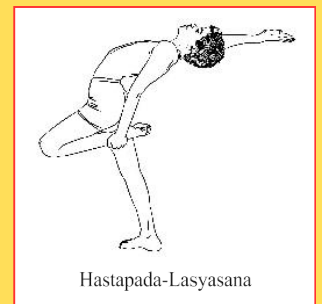
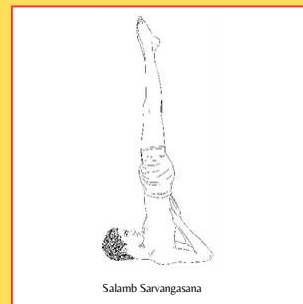


**AGE = 40-44**

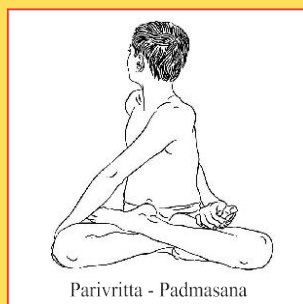
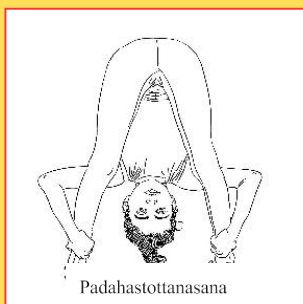


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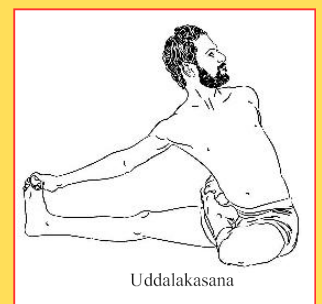
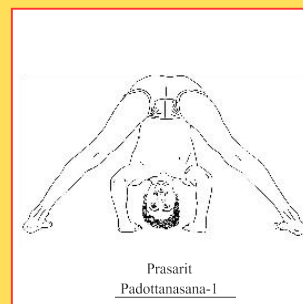
**AGE = 45-49**



**AGE = 50-54**



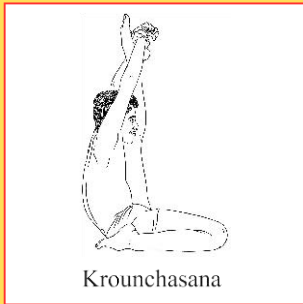
**AGE = 55-59**



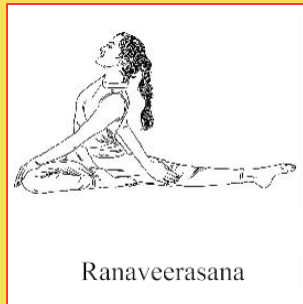
## FINAL ROUND SYLLABUS OF COMPULSORY YOGASANA

- 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 YOGASANA PERFORMANCE WITH NAMASTE MUDRA.

**AGE = 30-34**

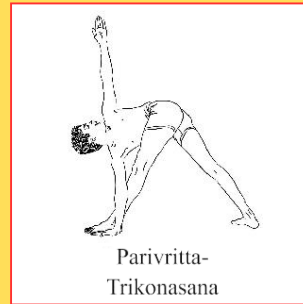


Krounchasana

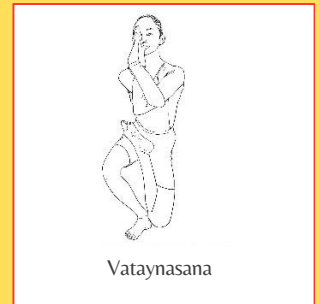


Ranaveerasana

**AGE = 35-39**

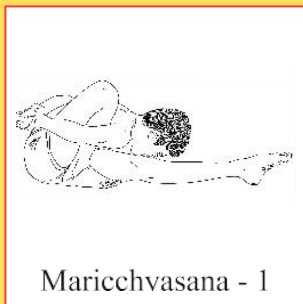


Parivritta-Trikonasana

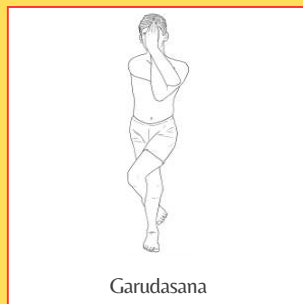


Vataynasana

**AGE = 40-44**



Maricchhasana - 1



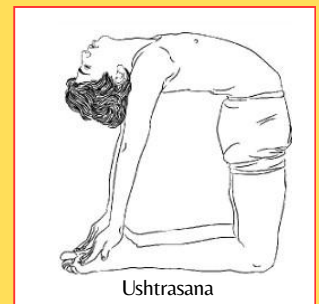
Garudasana

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**AGE = 45-49**

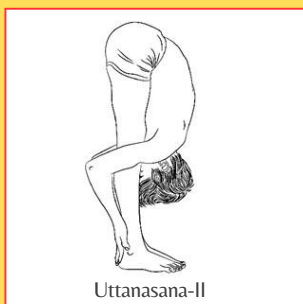


Karnapindasana

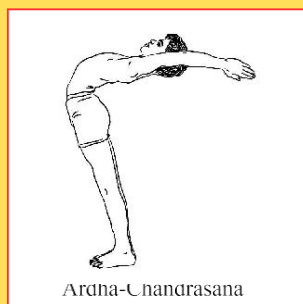


Ushtrasana

**AGE = 50-54**

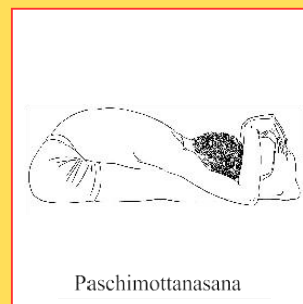


Uttanasana-II

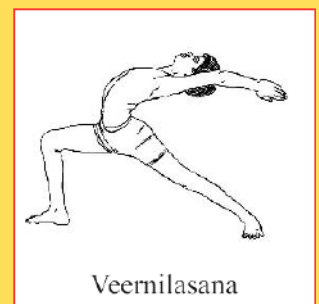


Ardha-Chandrasana

**AGE = 55-59**



Paschimottasana



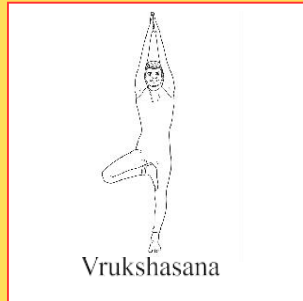
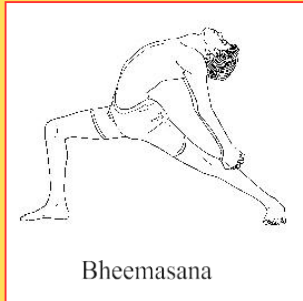
Veermilasana

## FINAL ROUND SYLLABUS OF COMPULSORY YOGASANA

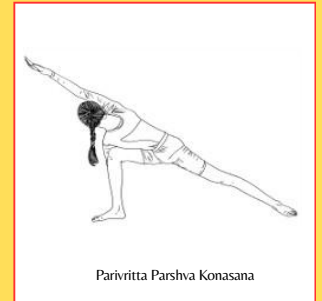
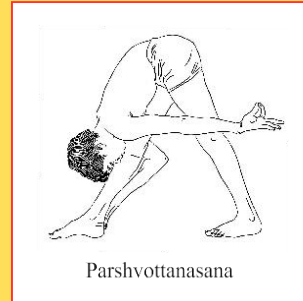
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- HOLDING TIME COMPULSORY YOGASANA IS 15 SECOND IN FINAL ROUND.
- HOLDING TIME OPTIONAL YOGASANA IS 15 SECOND.
- ALWAYS START AND END YOUR YOGASANA PERFORMANCE WITH NAMASTE MUDRA.

**AGE = 60-64**

**AGE = 65-69**

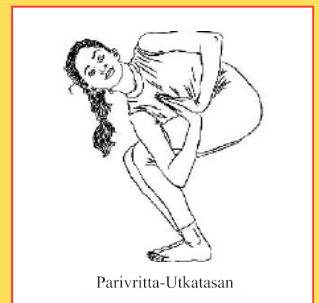
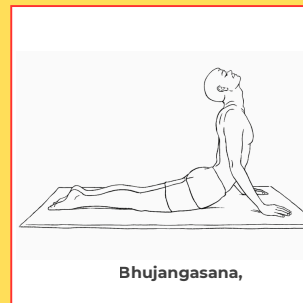
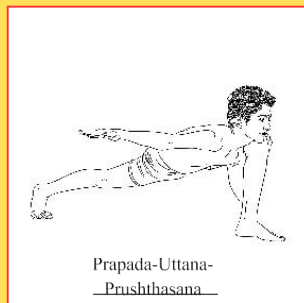


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**AGE = 70-74**

**AGE = 75 & Above**



## **FINAL ROUND SYLLABUS OF COMPULSORY YOGASANA**

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**YOGA CONVENOR :-**

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