

DISTRICT YOGA CHAMPIONSHIP

Twisting Pose Asanas List

A-Group 6-7 Yrs



Bharadvajasana



Parivrtta Sukhasana



Ardha Matsyendrasana Half



Parivrtta Utkatasana



Vakrasana

B – Group (8-9 Years)



Ardha Matsyendrasana



Bharadvajasana



Parivrtta Trikonasana



Parivrtta Utkatasana



Parivrtta Janu Sirsasana

C – Group 10-11 Years



Ardha Matsyendrasana



Parivrtta Trikonasana



Parivrtta Utkatasana

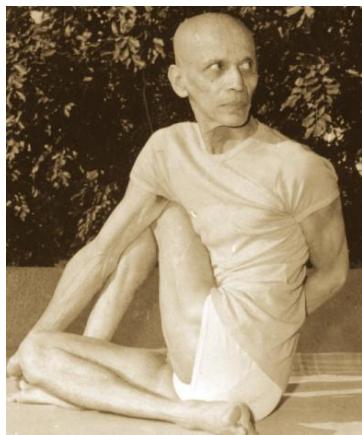


Parivrtta Janu Sirsasana



Parivrtta Tadasana

D – Group 12 - 13 Years



Ardha Matsyendrasana



Parivrtta Trikonasana



Parivrtta Parsvakonasana



Marichyasana C



Parivrtta Janu Sirsasana

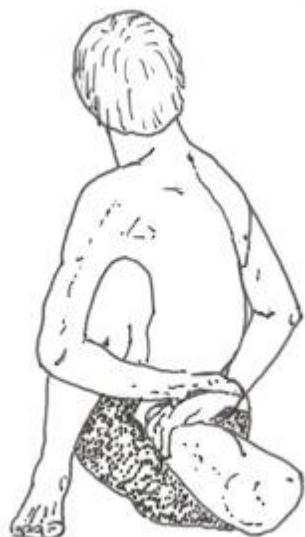
E – Group 14 - 15 Years



Baddha Ardha Matsyendrasana



Ardha Matsyendrasana III



Marichyasana D

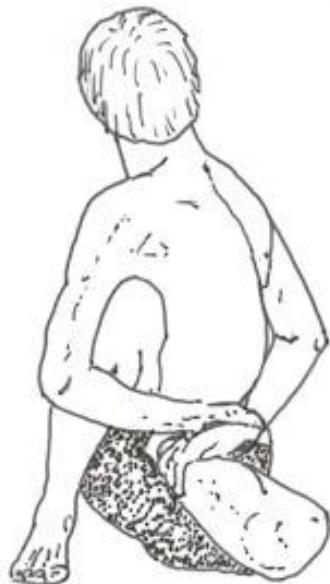


Parivrtta Parsvakonasana



Parivrtta Janu Sirsasana

F – Group 16 - 21 Years



Marichyasana D



Raja Kapotasana



Parivrtta Parsvakonasana

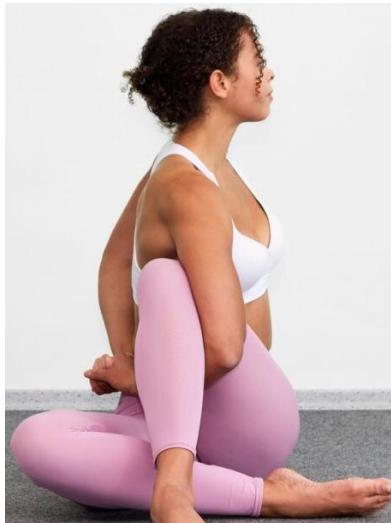


Baddha Ardha Matsyendrasana

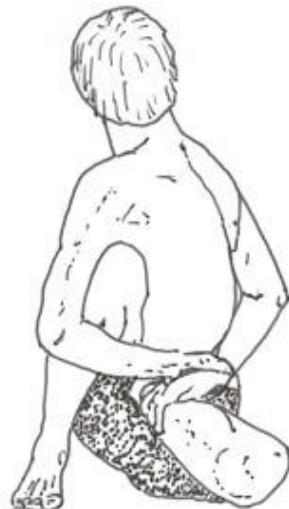


Parivrtta Janu Sirsasana

G – Group 22 - 35 Years



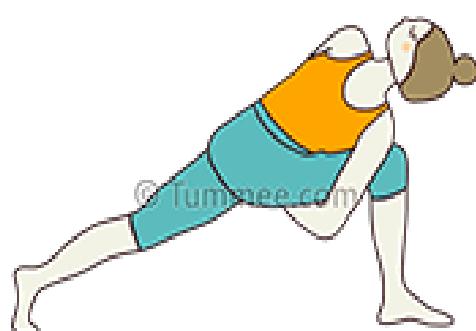
Baddha Ardha Matsyendrasana



Marichyasana D



Parivrtta Trikonasana



Parivrtta Parsvakonasana



Parivrtta Janu Sirsasana

H – Group 36 - 45 Years



Ardha Matsyendrasana



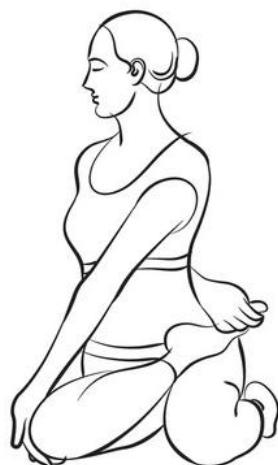
Marichyasana C



Parivrtta Trikonasana



Parivrtta Parsavakonasana



Bharadvajasana

I – Group 36 - 45 Years



Ardha Matsyendrasana



Parivrtta Janu Sirsasana



Vakrasana



Parivrtta Trikonasana



Bharadvajasana

56 Years & Above (Free Choice)

