

## DISTRICT CHAMPION SHIP COMPETITION

### Hand Balance Asanas List

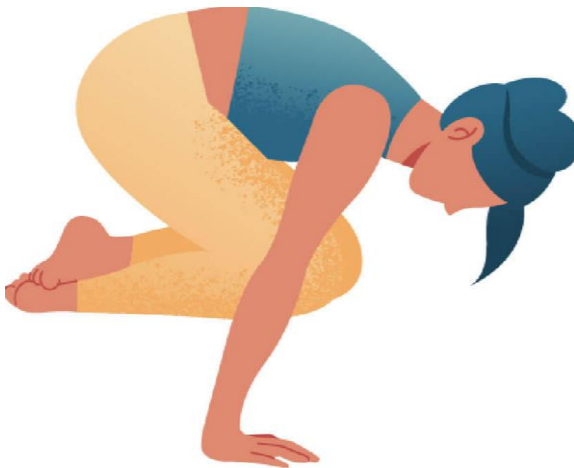
A-Group (6–7 Years).



**Kakasana**



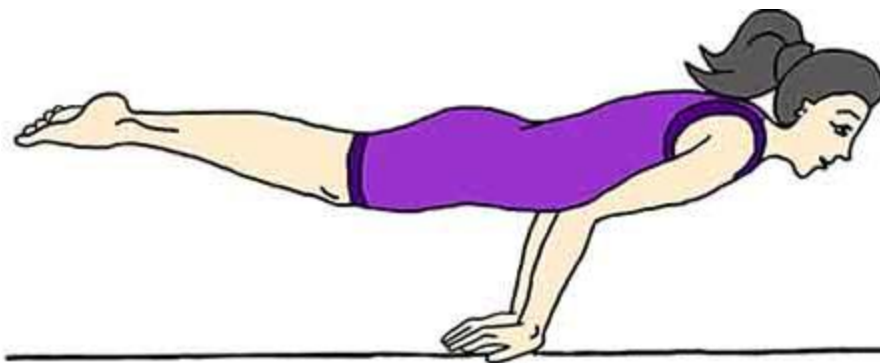
**Bakasana**



**Lolasana**



**Tolasana**



**Mayurasana**

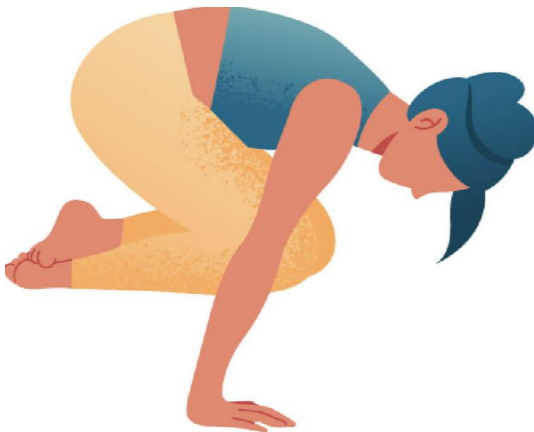
**B-Group (8 - 9 Years).**



**Bakasana**



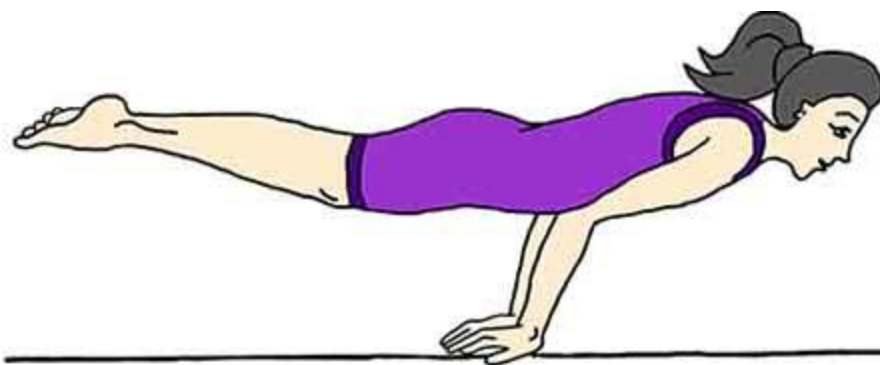
**Parsva Bakasana**



**Lolasana**

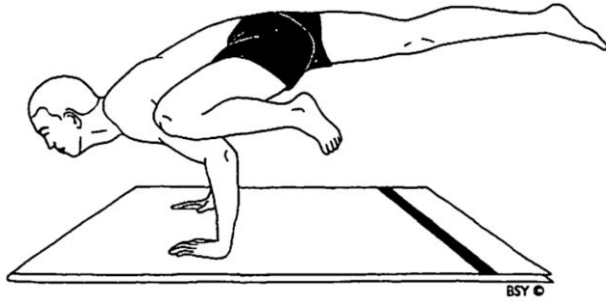


**Tolasana**



**Mayurasana**

**C-Group (10-11 Years)**



**Eka Pada Bakasana**



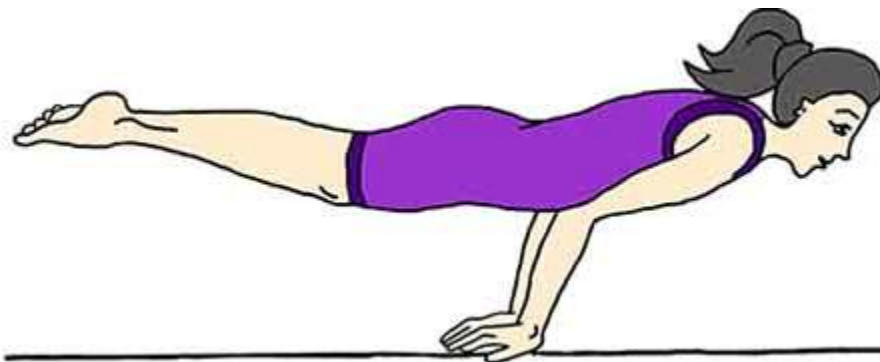
**Bakasana**



**Tolasana**



**Bhujapidasana**



**Mayurasana**

**D-Group (12-13 Years)**



**Bhujapidasana**



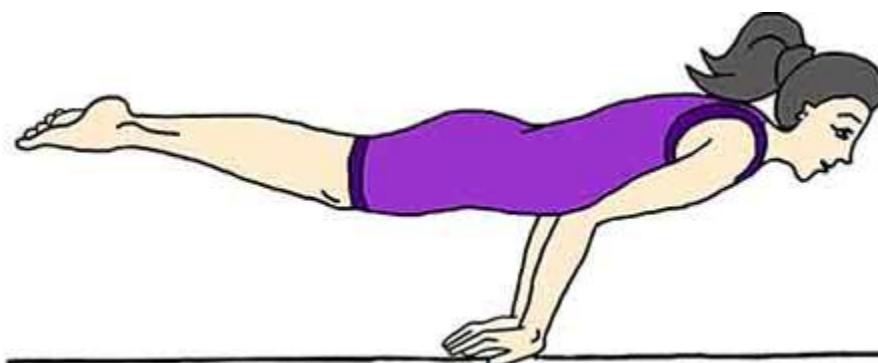
**Parsva Bakasana**



**Tittibhasana**



**Koundinyasana I**



**Mayurasana**

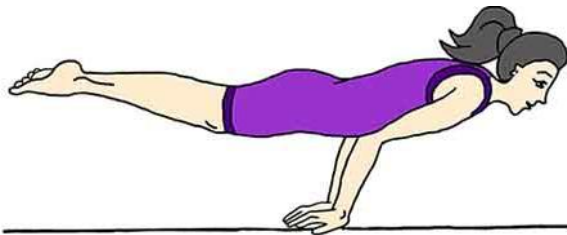
**E-Group (14-15 Years)**



**Koundinyasana I**



**Parsva Bakasana**



**Mayurasana**



**Tittibhasana**

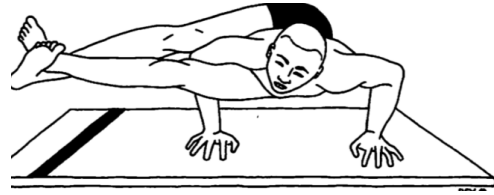


**Koundinyasana II**

**F-Group (16-21 Years)**



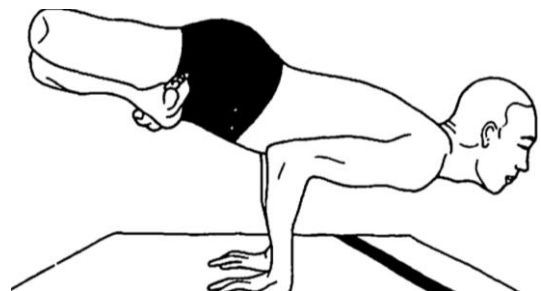
**Koundinyasana li**



**Astavakrasana**



**Tittibhasana**



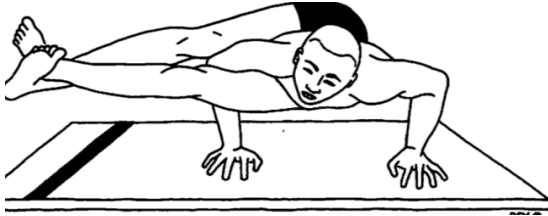
**Padma Mayurasana**



**Koundinyasana**



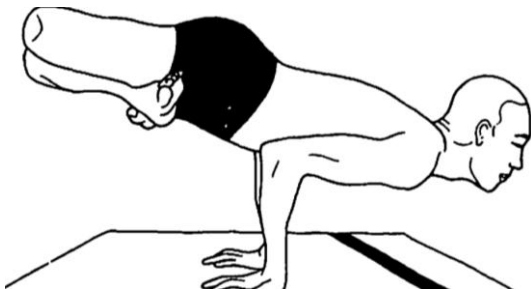
**G-Group (22-35 Years)**



**Astavakrasana**



**Tittibhasana**



**Padma Mayurasana**



**Koundinyasana**



**Parsva Bakasana**

**H-Group (36-45 Years)**



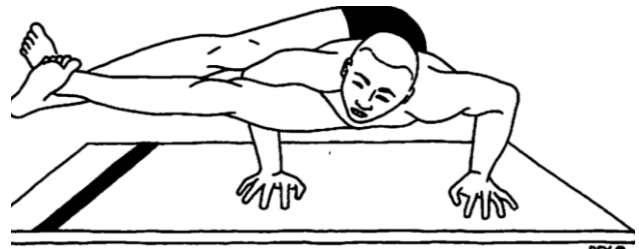
**Parsva Bakasana**



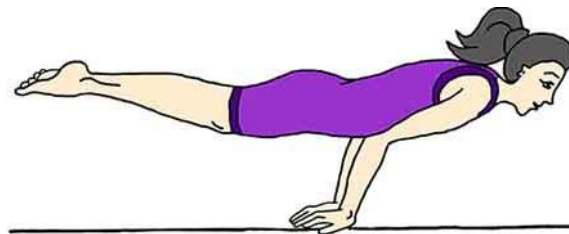
**Bakasana**



**Bhujapidasana**



**Astavakrasana**



**Mayurasana**



**I-Group (46-55 Years)**



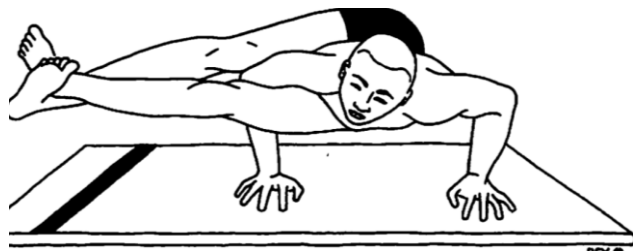
**Parsva Bakasana**



**Bakasana**



**Bhujapidasana**



**Astavakrasana**



**Tittibhasana**

**56 Years & Above (Free Choice)**

