

# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### **6-7 Yrs A-Group**



BHARADVAJASANA



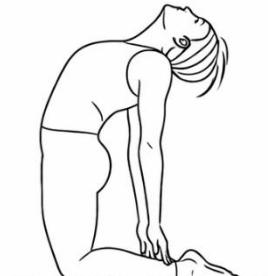
EKA PADA RAJAKAPOTASANA



MARICHYASANA



ARDHA MATSYENDRASANA



USTRASANA

# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 8-9 Yrs B-Group



ARDHA MATSYENDRASANA



VIRABHADRASANA - II



VRIKSHASANA



CHAKRASANA



# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 10-11 Yrs C-Group



PAWANMUKTASANA



YOGA MUDRASANA



SUPTA VAJRASANA



BADDHA PADMASANA



KUKKUTASANA

# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 12-13 Yrs D-Group

**EKA PADA SIRASANA**  
ONE LEG BEHIND HEAD POSE



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**GARBHASANA**  
THE FOETUS POSE



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**GOMUKHASANA**  
THE COW FACE POSE



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### Poorna Salabhasana

**PASCHIMOTTANASANA**  
THE FORWARD BEND POSE

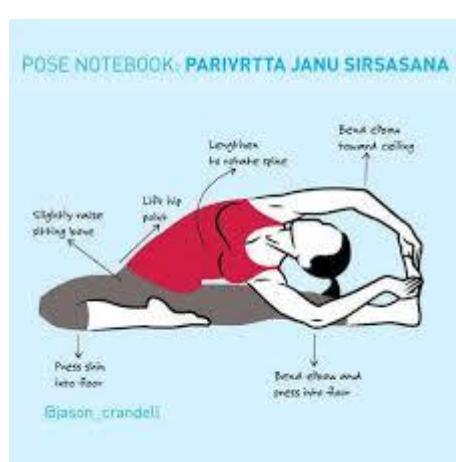
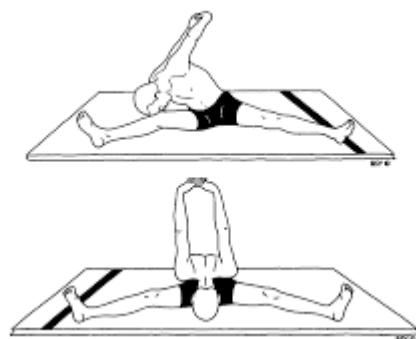


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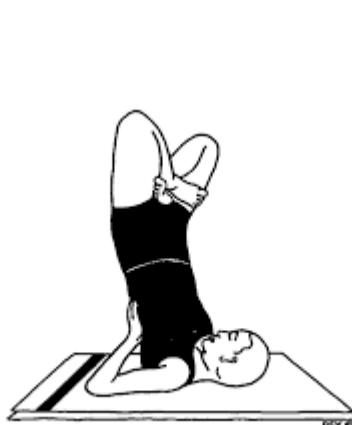
# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 14-15 Yrs E-Group



### Pada prasar paschimottanasana



Yoga Sequence Builder



### Padma sarvangasana

### Poorna natarajasana

#### EKA PADA SIRASANA ONE LEG BEHIND HEAD POSE



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# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 16-21 Yrs F-Group



### Niralamba paschimottanasana



BAKASANA  
THE CRANE POSE



### Padda angushthasan

VASISTHASANA  
SIDE PLANK POSE



# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

**22-35 Yrs G-Group**

**UPAVISTHA KONASANA**  
WIDE ANGLED SEATED FORWARD BEND



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**MAYURASANA**  
THE PEACOCK POSE



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**UTTHITA HASTA PADANGUSTHASANA**  
EXTENDED HAND-TO-BIG-TOE POSE



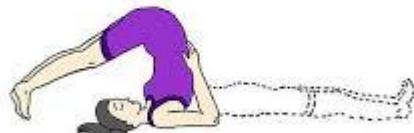
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**AKARNA DHANURASANA**  
THE ARCHER'S POSE



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**HALASANA**  
THE PLOUGH POSE



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# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 36-45 Yrs H-group

SARVANGASANA  
THE SHOULDER STAND



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MATSYASANA  
THE FISH POSE



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MALASANA  
THE GARLAND POSE



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ASHTAVAKRASANA  
THE EIGHT ANGLE POSE



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MAYURASANA  
THE PEACOCK POSE



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# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

**46-55 Yrs H-group**



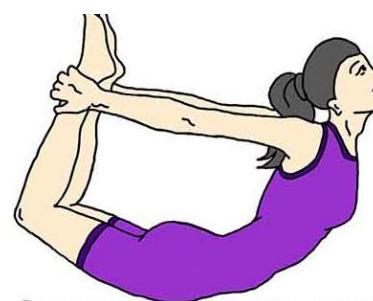
**Virabhadrasana**



**Ardha Chandrasana**



**Parivrtta Trikonasana**



**Dhanurasana**



**Ardha Matsyendrasana**

**55 yrs & above (free choice)**