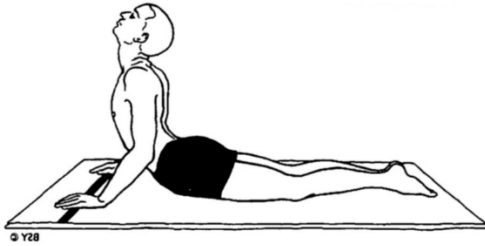


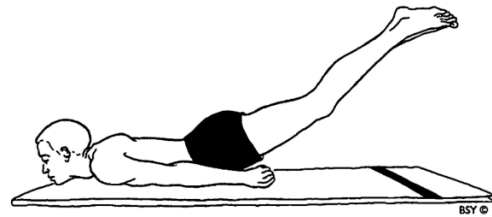
DISTRICT YOGA CHAMPIONSHIP

Back Bend Asanas List

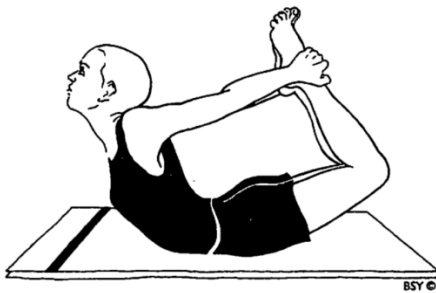
A – Group 6-7 Years



Bhujangasana



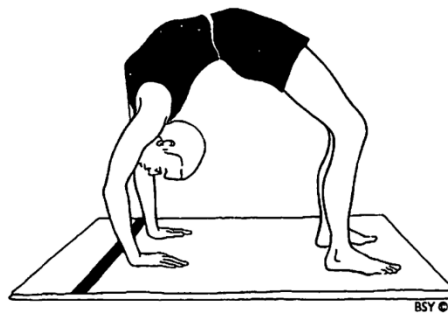
Shalabhasana



Dhanurasana

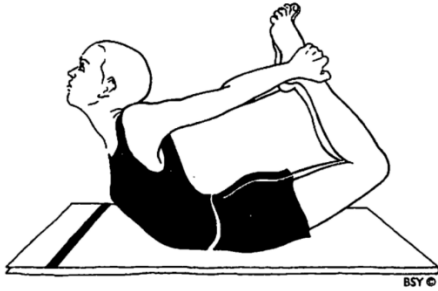


Ustrasana



Chakrasana

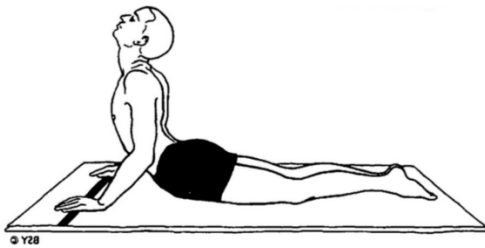
B – Group 8 - 9 Years



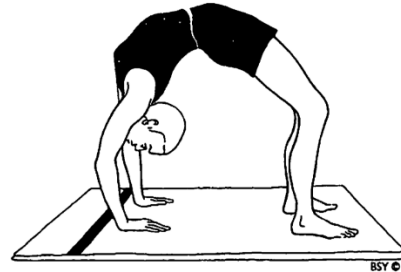
Dhanurasana



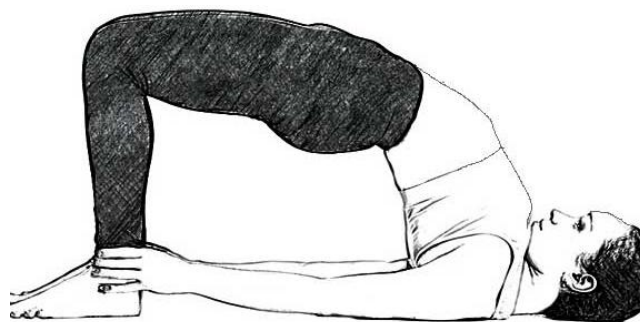
Ustrasana



Bhujangasana



Chakrasana



Sethubandasana

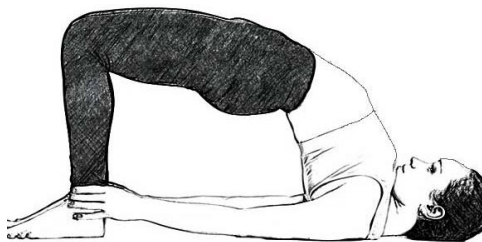
C – Group 10 - 11 Years



Ustrasana



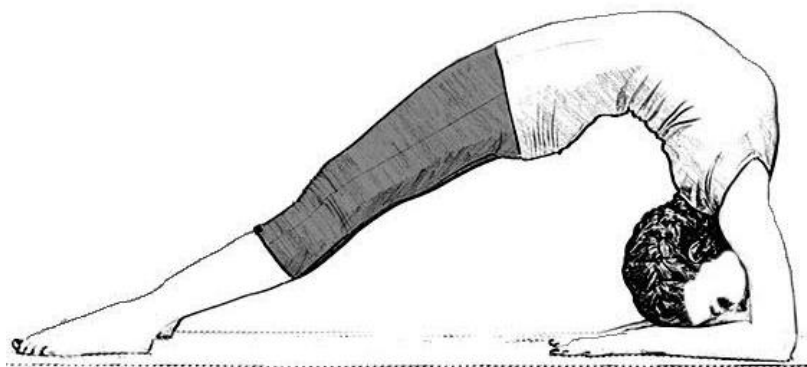
Poorna Dhanurasana



Sethubandasana

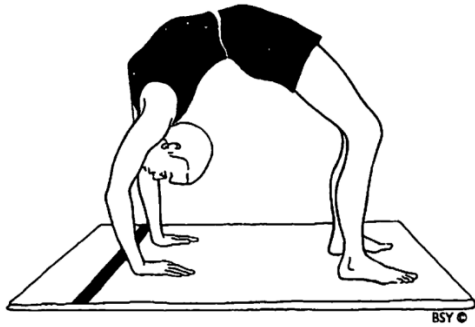


Raja Bhujangasana



Viparita Dhandasana

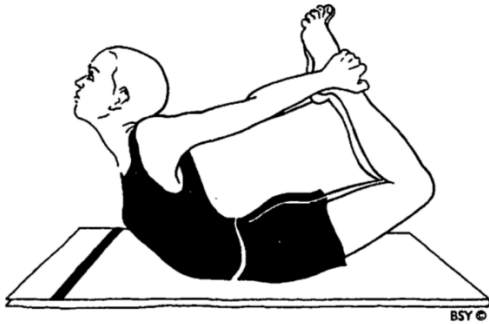
D – Group 12 - 13 Years



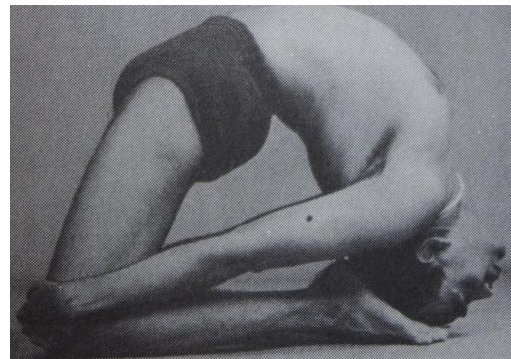
Chakrasana



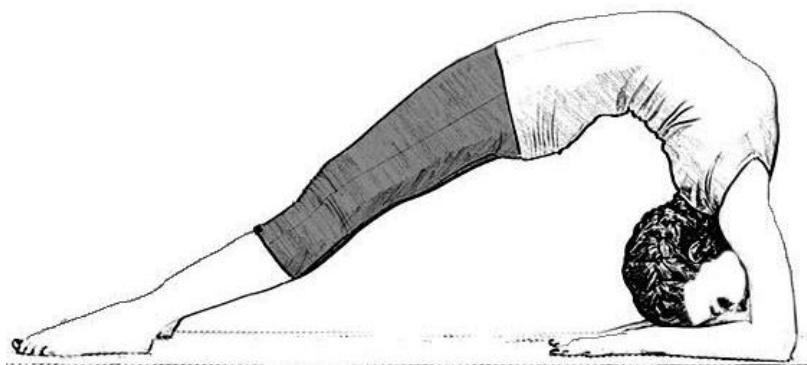
Ustrasana



Chakrasana

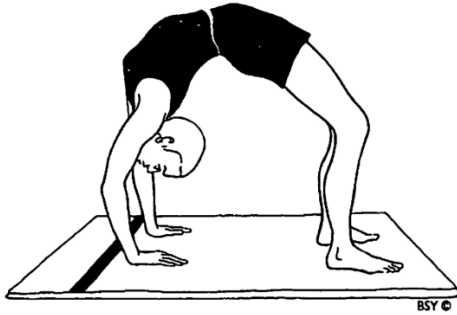


Laghu Vajrasana

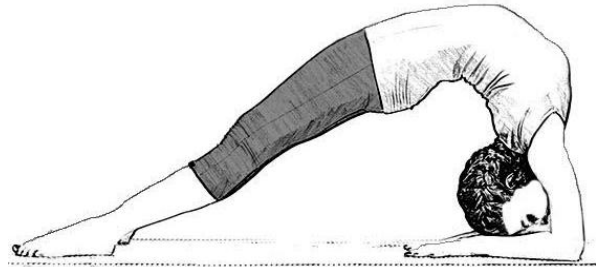


Viparita Dhandasana

E – Group 14 - 15 Years



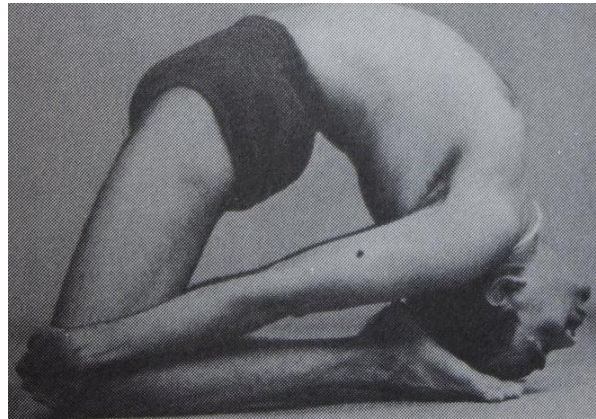
Chakrasana



Viparita Dhandasana



Kabotasana



Laghu Vajrasana

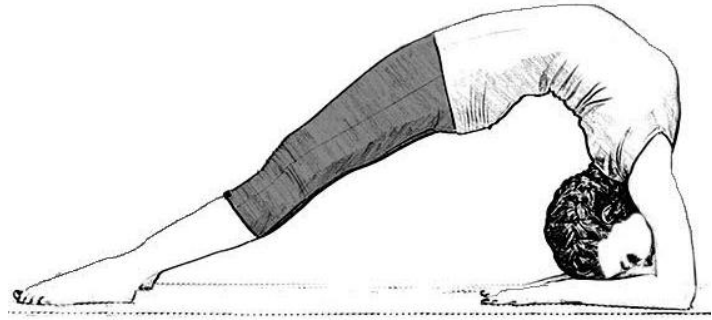


Eka Pada Chakrasana

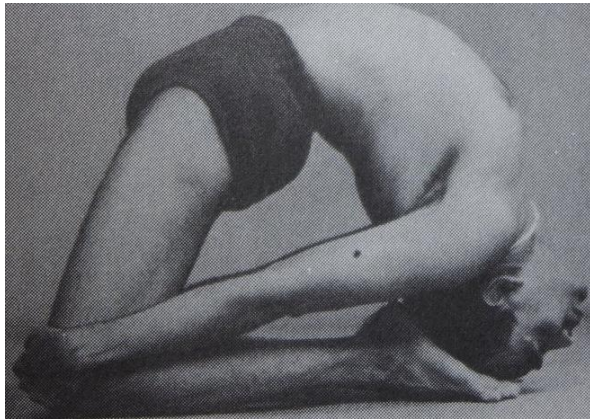
F – Group 16 - 21 Years



Kabotāsana



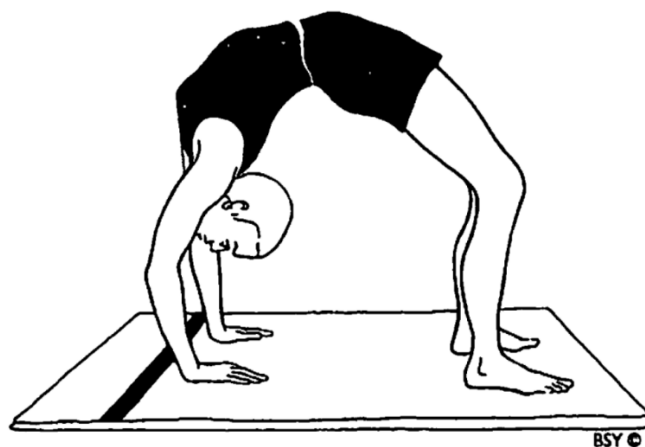
Viparita Dhandāsana



Laghu Vajrasana



Ekapada Iparita Dandasana

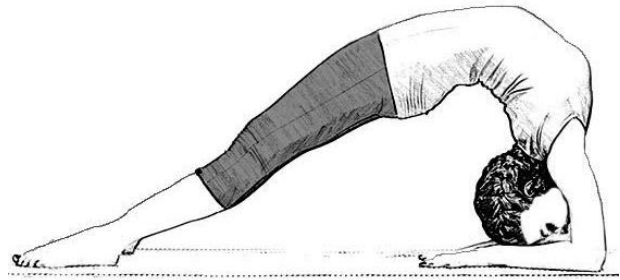


Chakrasana

G – Group 22 - 35 Years



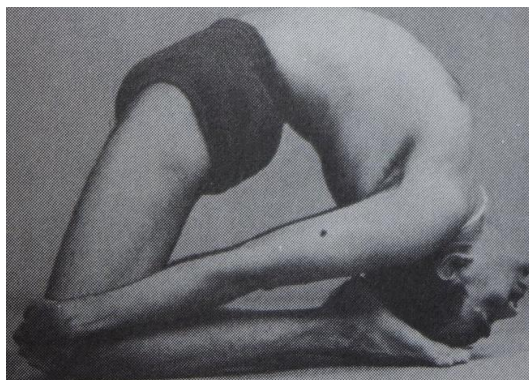
Kabotāsana



Pūrṇa Chakrasana



Eka Pada Chakrasana

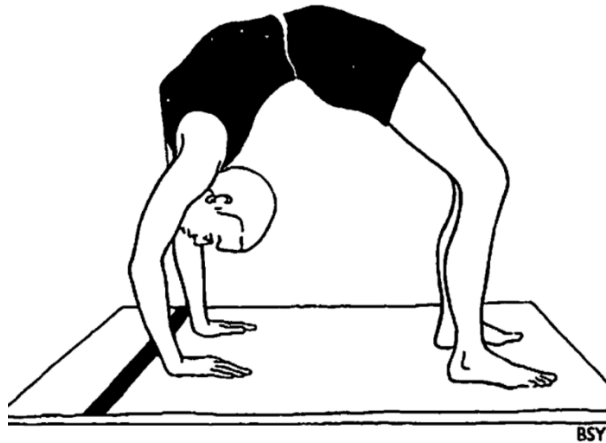


Laghu Vajrasana

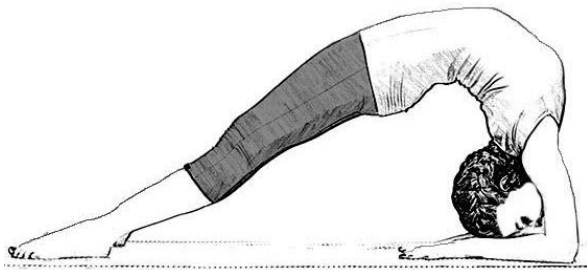
H – Group 36 - 45 Years



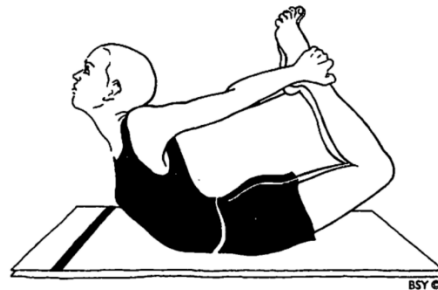
Ustrasana B



Chakrasana



Viparita Dandasana



Dhanurasana



Setu Bandhasana B

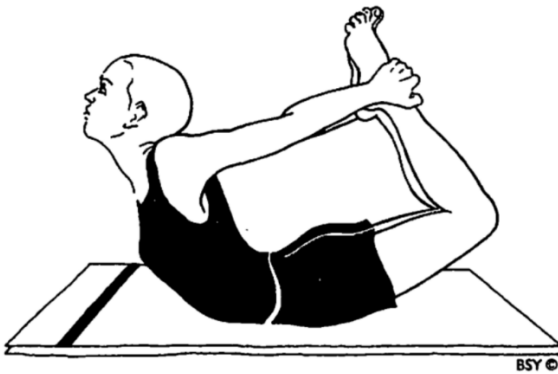
I – Group 46 - 55 Years



Setu Bandhasana



Ustrasana



Dhanurasana



Ardha Chakrasana



Poorna Bhujangasana

56 Years & Above (Free Choice)