

DISTRICT YOGA CHAMPIONSHIP

Traditional Event Asanas List

6-7 Yrs A-Group



Bharathvajasana



artha matsyasana



Eka pada Rajakapotasana



Ustrasana



Marichyasana

DISTRICT YOGA CHAMPIONSHIP

Traditional Event Asanas List

8-9 Yrs B-Group



ARDHA MATSYENDRASANA



VIRABHADRASANA - II



VRIKSHASANA



CHAKRASANA



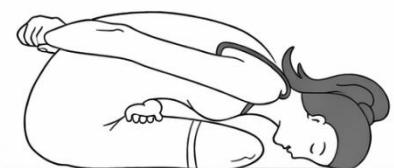
DISTRICT YOGA CHAMPIONSHIP

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

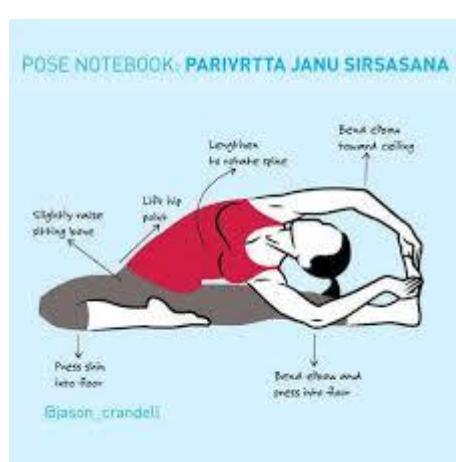
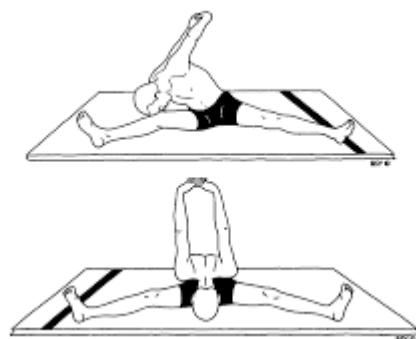


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DISTRICT YOGA CHAMPIONSHIP

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



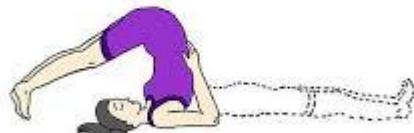
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AKARNA DHANURASANA
THE ARCHER'S POSE



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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



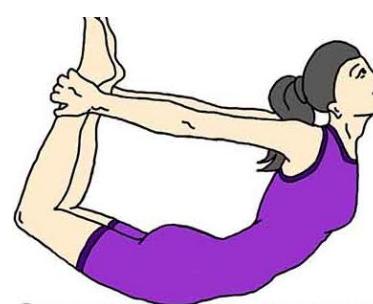
Virabhadrasana



Ardha Chandrasana



Parivrtta Trikonasana



Dhanurasana



Ardha Matsyendrasana

55 yrs & above (free choice)