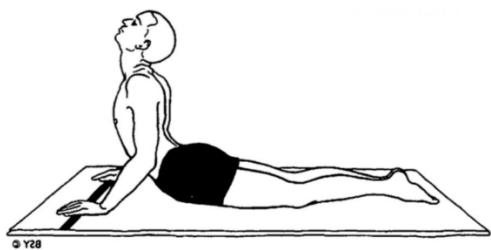


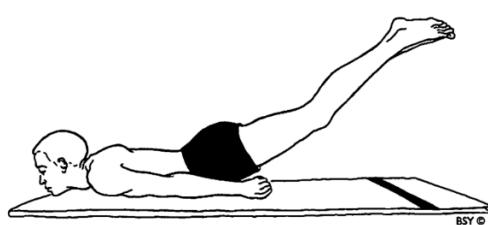
DISTRICT YOGA CHAMPIONSHIP

Back Bend Asanas List

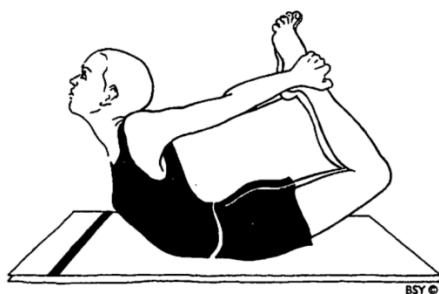
A – Group 6-7 Years



Bhujangasana



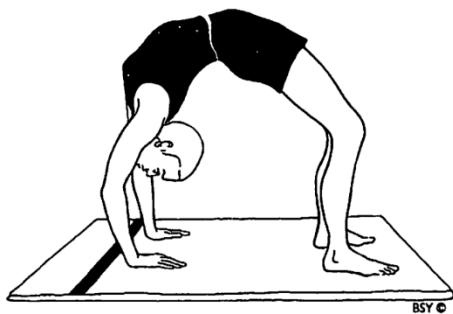
Shalabhasana



Dhanurasana

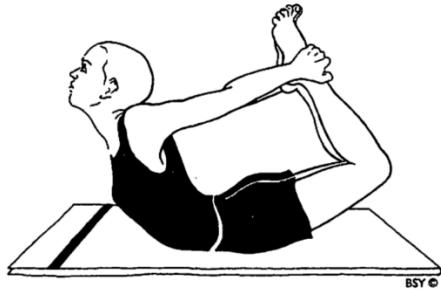


Ustrasana



Chakrasana

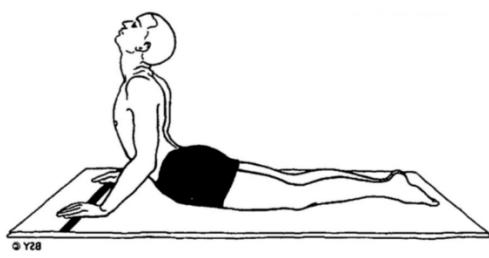
B – Group 8 - 9 Years



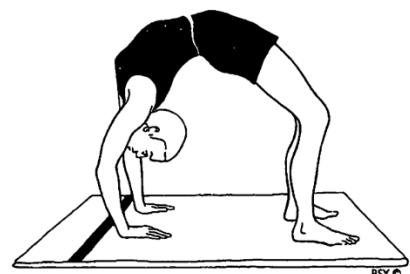
Dhanurasana



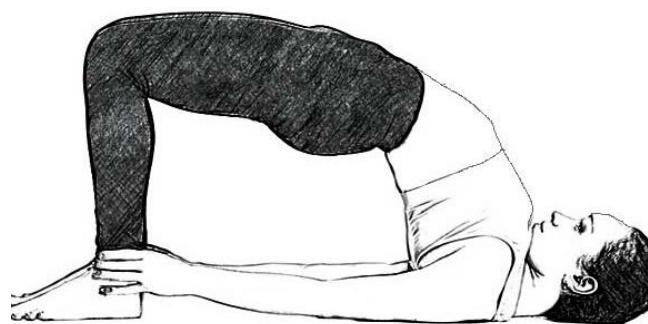
Ustrasana



Bhujangasana



Chakrasana



Sethubandasana

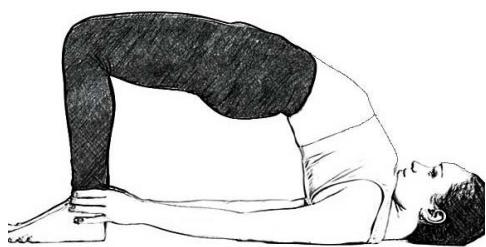
C – Group 10 - 11 Years



Ustrasana



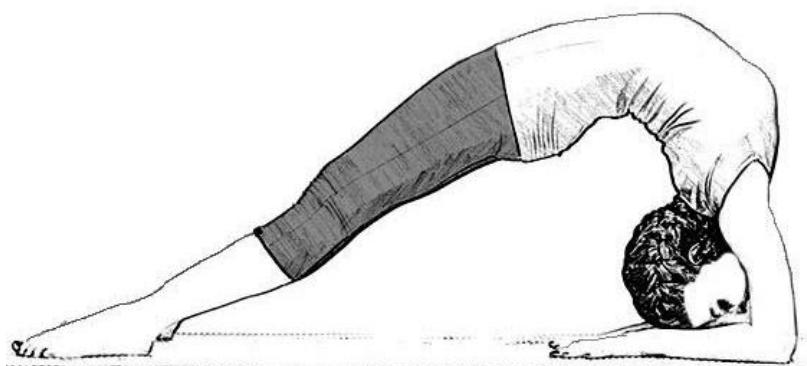
Poorna Dhanurasana



Sethubandasana

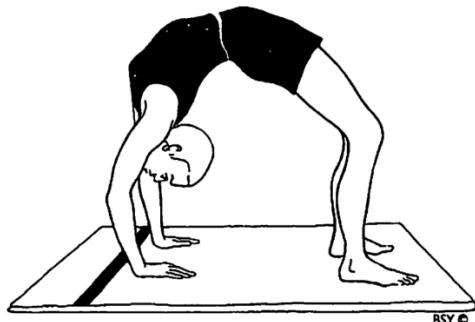


Raja Bhujangasana



Viparita Dandasana

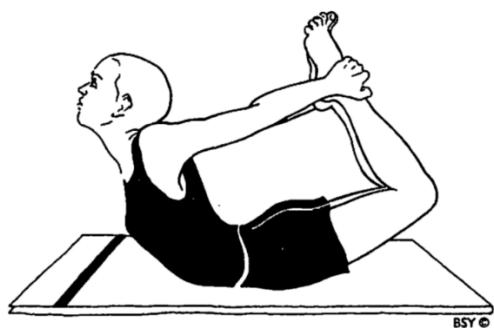
D – Group 12 - 13 Years



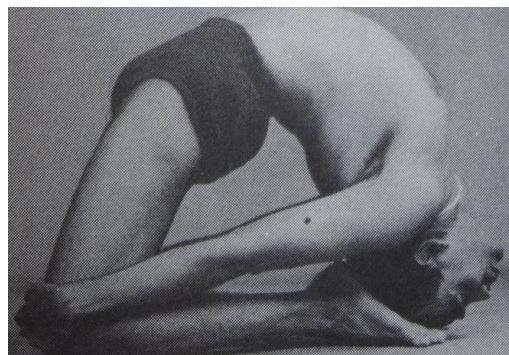
Chakrasana



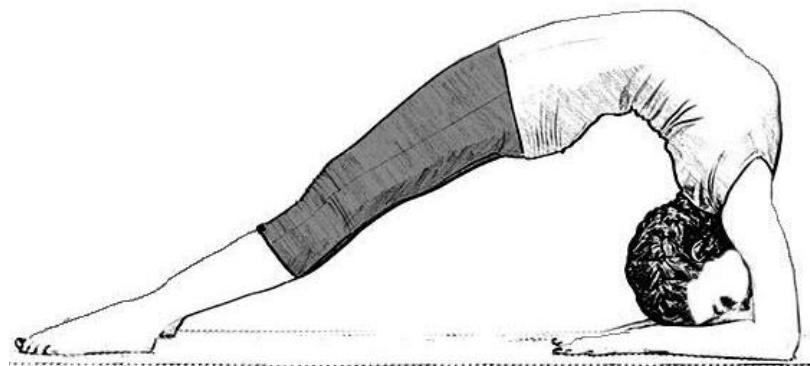
Ustrasana



Chakrasana

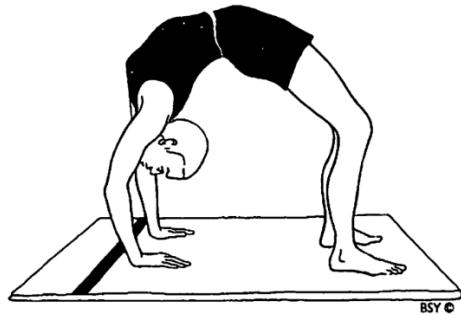


Laghu Vajrasana

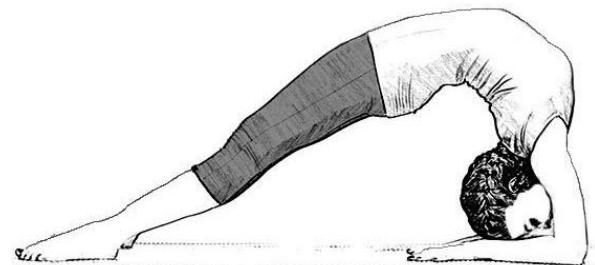


Viparita Dandasana

E – Group 14 - 15 Years



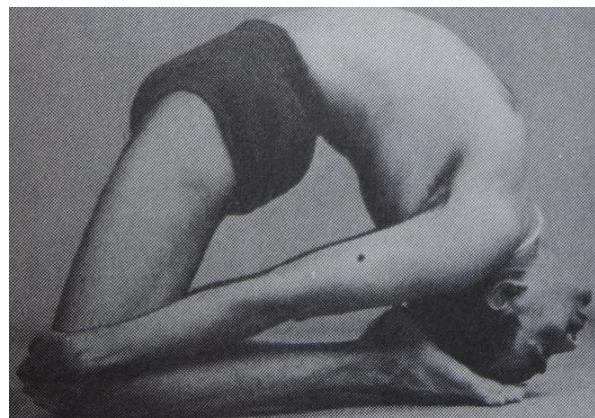
Chakrasana



Viparita Dandasana



Kabotasana



Laghu Vajrasana

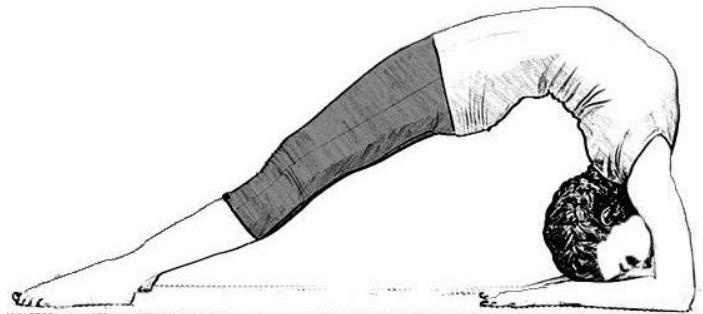


Eka Pada Chakrasana

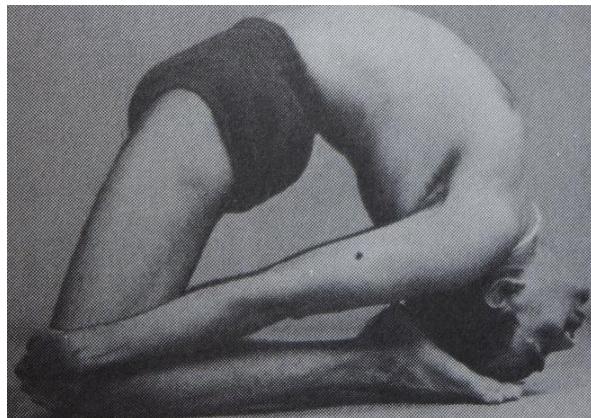
F – Group 16 - 21 Years



Kabotasana



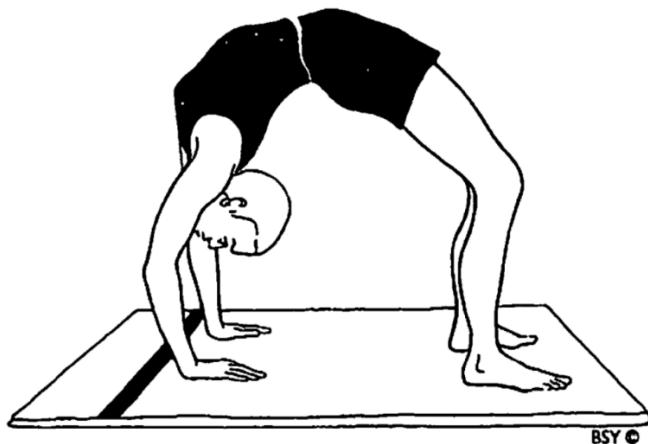
Viparita Dandasana



Laghu Vajrasana

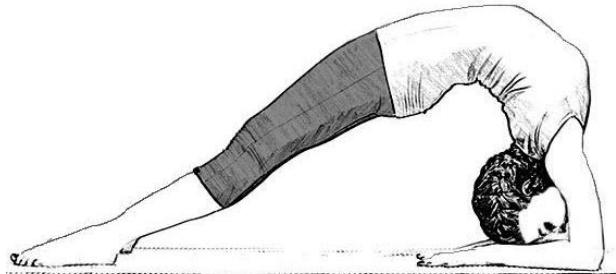


Ekapada Iparita Dandasana



Chakrasana

G – Group 22 - 35 Years



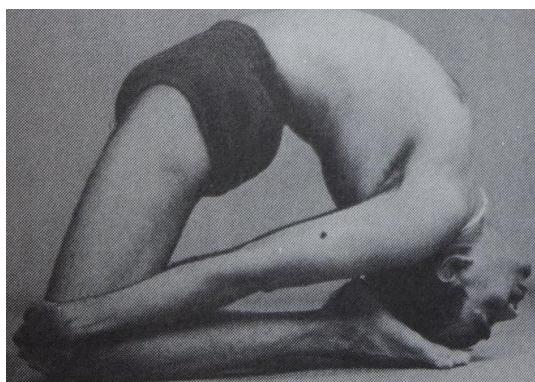
Kabotasana



Poorna Chakrasana

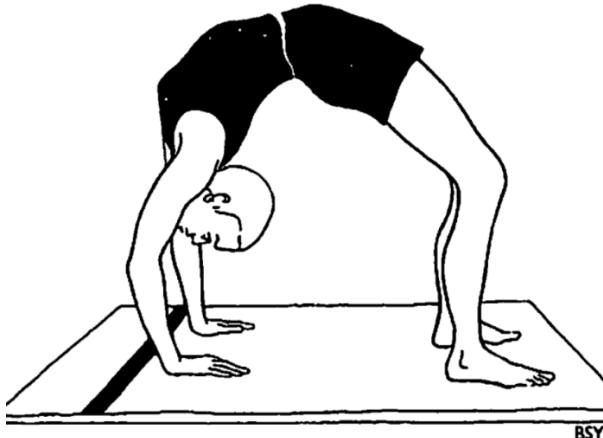


Eka Pada Chakrasana



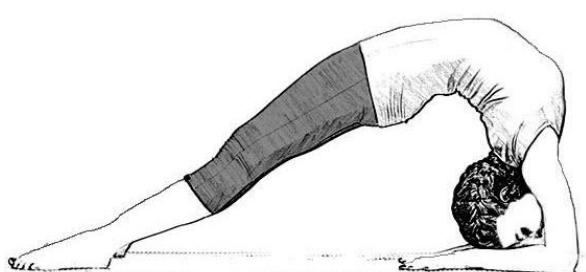
Laghu Vajrasana

H – Group 36 - 45 Years

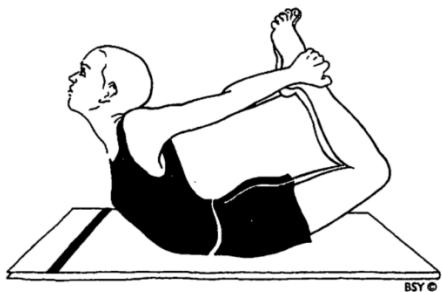


Ustrasana B

Chakrasana



Viparita Dandasana



Dhanurasana



Setu Bandhasana B

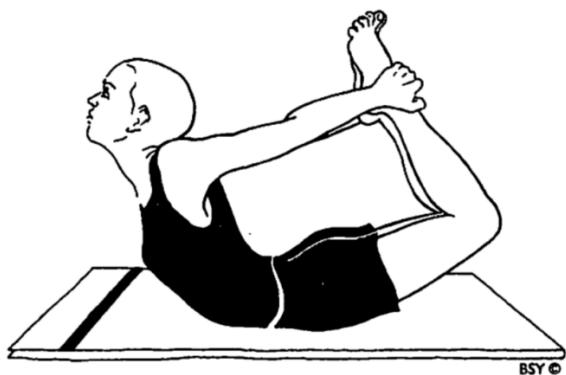
I – Group 46 - 55 Years



Setu Bandhasana



Ustrasana



Dhanurasana



Ardha Chakrasana



Poorna Bhujangasana

56 Years & Above (Free Choice)