

# 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



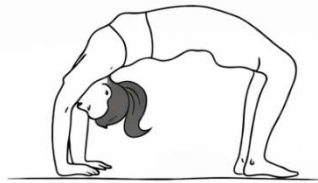
ARDHA MATSYENDRASANA



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

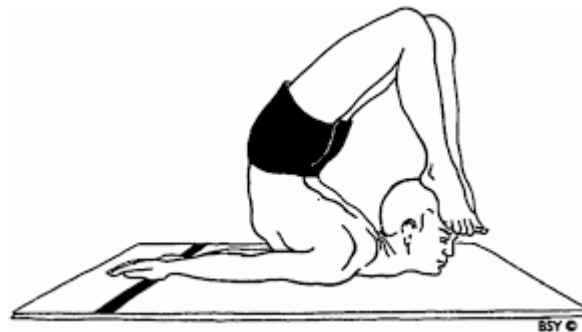


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**GOMUKHASANA**  
THE COW FACE POSE



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BSY ©

### Poorna Salabhasana

**PASCHIMOTTANASANA**  
THE FORWARD BEND POSE

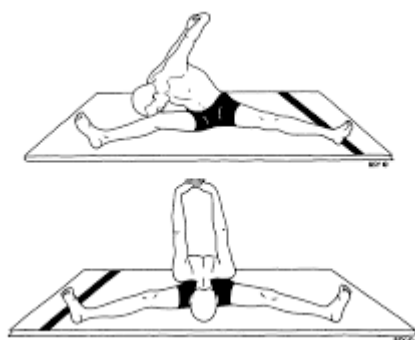


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# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 14-15 Yrs E-Group



**Pada prasar paschimottanasana**



**Padma sarvangasana**

Yoga Sequence Builder



**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**



Horse pose  
Vatayanasana



**Padda angushthasan**



BAKASANA  
THE CRANE POSE

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VASISTHASANA  
SIDE PLANK POSE



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# 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



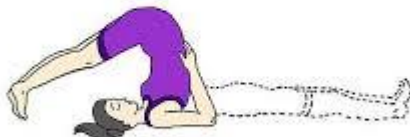
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**AKARNA DHANURASANA**  
THE ARCHER'S POSE



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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



**MATSYASANA**  
THE FISH POSE



**MALASANA**  
THE GARLAND POSE



**ASHTAVAKRASANA**  
THE EIGHT ANGLE POSE



**MAYURASANA**  
THE PEACOCK POSE





# DISTRICT YOGA CHAMPIONSHIP

## Traditional Event Asanas List

### 46-55 Yrs H-group



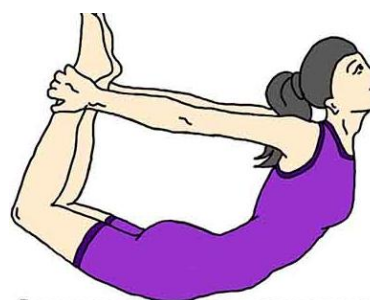
**Virabhadrasana**



**Ardha Chandrasana**



**Parivrtta Trikonasana**



**Dhanurasana**



**Ardha Matsyendrasana**

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