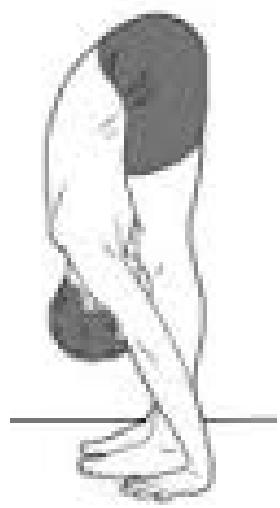


# DISTRICT YOGA CHAMPIONSHIP

## Forward Bend Asanas List

### A – Group 6-7 Years



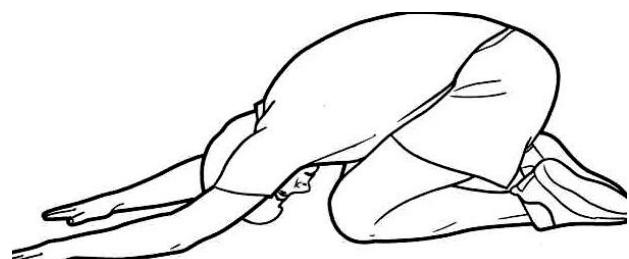
**Padahastasana**



**Uttanasana**



**Paschimottanasana**

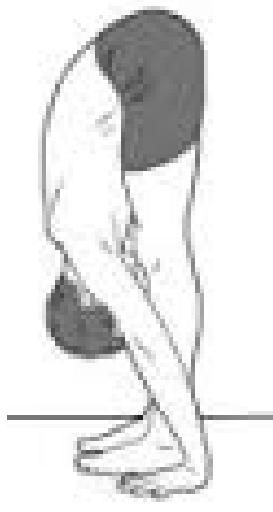


**Balasana**

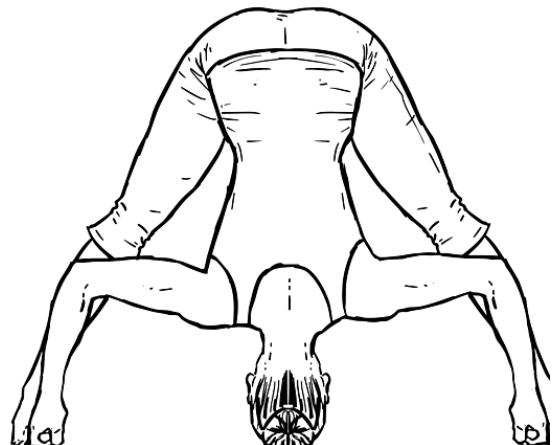


**Kurmasana**

**B- Group 8-9 Years**



**Padahastasana**



**Prasarita Padottanasana**



**Paschimottanasana**



**Janu Sirsasana**



**Upavistha Konasana**

**C – Group 10-11 Years**

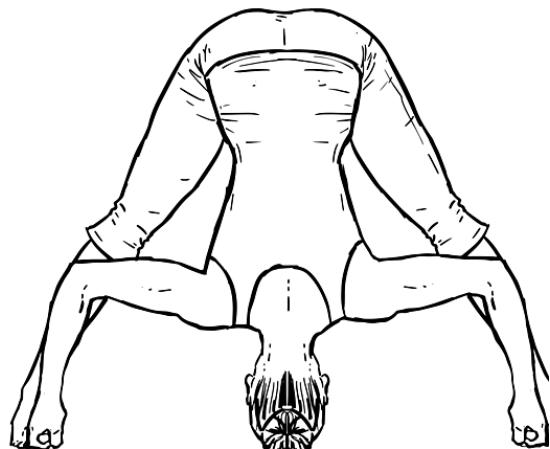


**Trianga Mukhaikapada**



**Parivrtta Janu Sirsasana**

**Paschimottanasana**



**Prasarita Padottanasana**

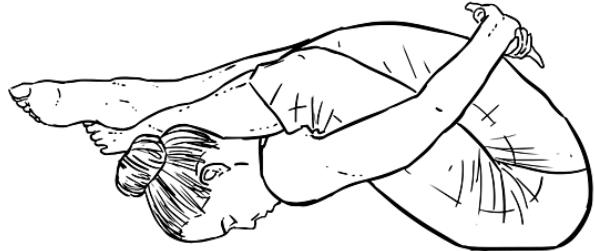


**Uttanasana**

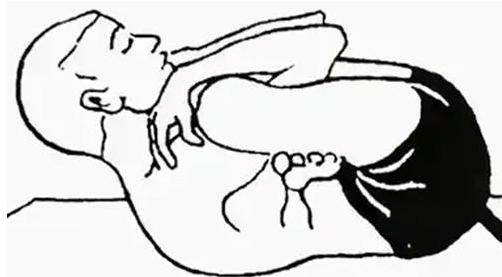


**Kurmasana**

**D – Group 12 - 13 Years**



Supta Kurmasana



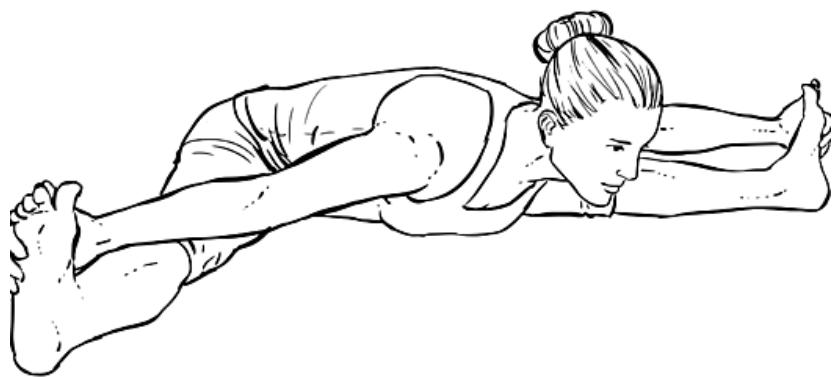
Uttana Kurmashana



Paschimottanasana



Janu Sirsasana

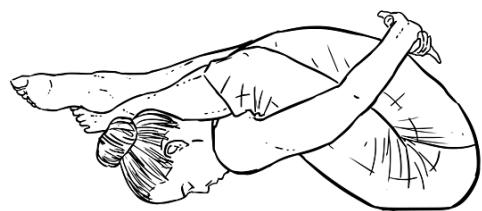


Upavistha Konasana

**E – Group 14 - 15 Years**



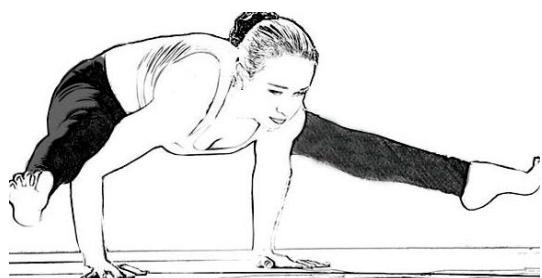
**Kurmasana**



**Supta Kurmasana**



**Uttana Kurmashana**

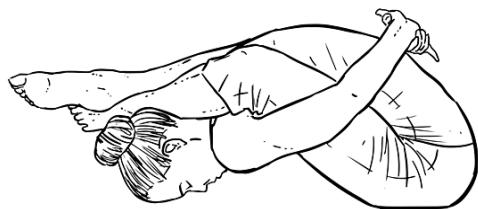


**Titibasana**



**Parivrtta Pachimotanasana**

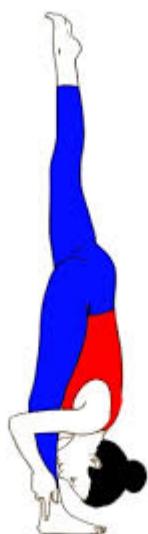
**F – Group 16 - 21 Years**



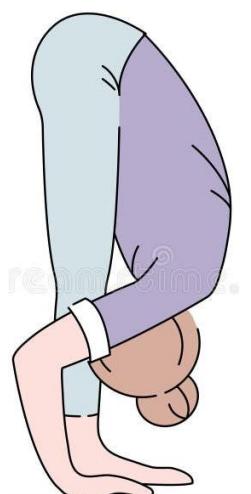
Supta Kurmasana



Titibasana



Urthuva Prasarita Ekapadasana



Uttanasana

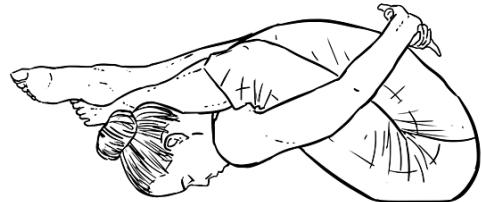


Yoga Nidrasana

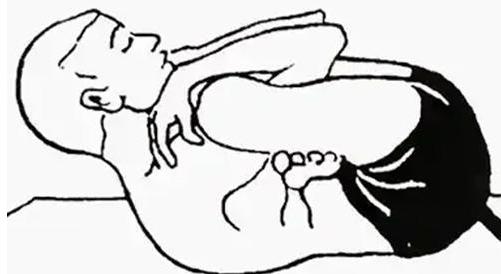
**G – Group 22 - 35 Years**



**Yoga Nidrasana**



**Supta Kurmasana**



**Uttana Kurmamsana**



**Eka Pada Sirsasana**



**Prasarita Padottanasana**

**H – Group 36 - 45 Years**



**Paschimottanasana**



**Janu Sirsasana**



**Kurmasana**



**Uttanasana**



**Upavistha Konasana**

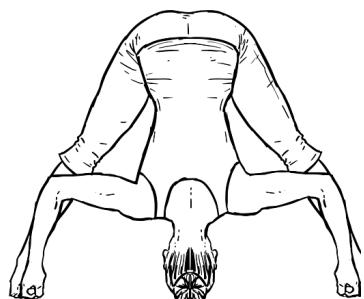
## I – Group 46 - 55 Years



**Paschimottanasana**



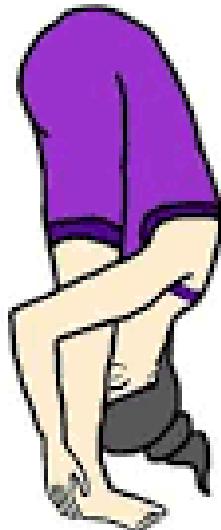
**Janu Sirsasana**



**Prasarita Padottanasana**



**Kurmasana**



**Uttanasana**

**56 Years & Above (Free Choice)**