

FORWARD BEND INDIVIDUAL EVENT

Below 6 years (own choice)

A-GROUP 6-7 YEARS



Halasana



Paschimottasana



Uttanasana



Krounchasana



Kurmasana

B-GROUP 8-9 YEARS



Karna peedasana



Prasarita padottanasana



Padahastasana



Uppavistakonasana



Janu Sirsasana

C-GROUP 10-11 YEARS



**Trianga mukhaikapada Paschimottanasana
Pindasanayukta Sarvangasana**



Uttanasana



Kurmsana



Ardha Baddha Padma Paschimottanasana

D-GROUP 12-13 YEARS



Supta Kurmasana



Karna peedasana



Janu Sirsasana



Garbhasana



Marichyasana

E-GROUP 14-15 YEARS



Kurmasana



Garbhasana



Kronchasana



Titibasana



Yoganidrasana

F-GROUP 16-21 YEARS



Pindasanayukta Sarvangasana Urthuva Prasrita Ekapadasana



Titibasana



Prasarita Padottanasana



Yoganidrasana

G-GROUP 22-35 YEARS



Karna peedasana



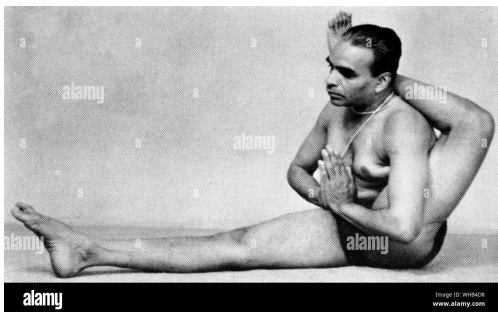
Patchimottanasana



Upavista Konasana



Prasarita Padottanasana



Eka Pada Sirsasana

H-GROUP 36-45 YEARS



Patchimottanasana



Janu Sirsana



Kurmasana



Halasana



Uttanasana

I-GROUP 46-55 YEARS



Halasana



Prasarita Padottanasana



Janu Sirsana



Uttanasana



Kurmasana

56 years Above (Own Choice)

