

BACK BEND INDIVIDUAL EVENT

Below 6 years (own choice)

A-GROUP 6-7 YEARS



Purna Bujangasana



Dhanurasana



Ustrasana



Chakrasana



Shalabhasana

B-GROUP 8-9 YEARS



Sethubandasana



Viparita Dhandasana



Purna Dhanurasana



Kapotasana



Poorna Bujangasana

C-GROUP 10-11 YEARS



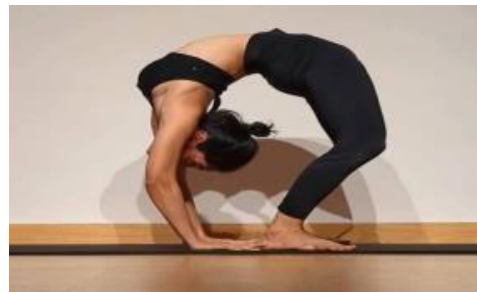
Eka Pada Chakrasana



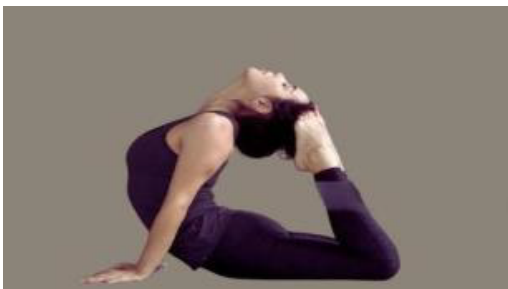
Purna Dhanurasana



Laghu Vajrasana



Purna Chakrasana



Poorna Bujangasana

D-GROUP 12-13 YEARS



Laghu Vajrasana



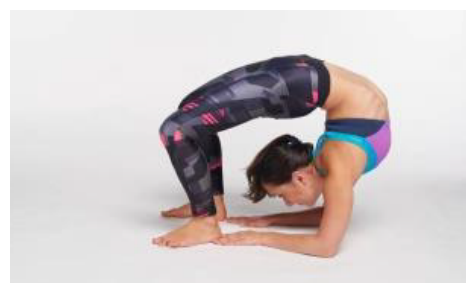
Shiva Dhanushyasana



Eka Pada Setu Bandha Chakrasana



Viparita Dhandasana



Purna Chakra Bandhasana

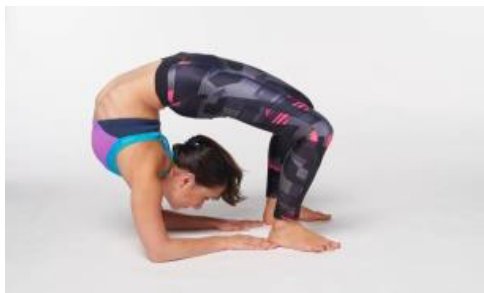
E-GROUP 14-15 YEARS



Purna Dhanurasana



Kapotasana



Purna Chakra Bandhasana



Gajananasana



Eka Pada Setu Bandha Chakrasana

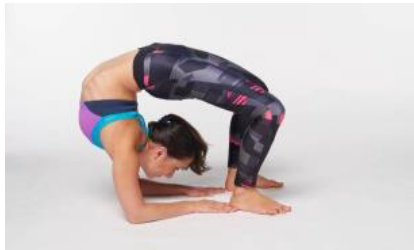
F-GROUP 16-21 YEARS



Laghu Vajrasana



Purna Chakrasana



Purna Chakra Bandhasana



Viparita Dhandasana



Eka Pada Viparita Dhandasana

G-GROUP 22-35 YEARS



Viparita Dhandasana



Eka Pada Setu Bandha chakrasana



Ustrasana



Kapotasana



Shiva Dhanushyasana

H-GROUP 36-45 YEARS



Ustrasana



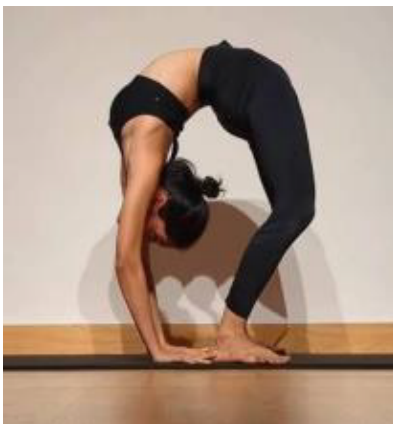
Eka Pada Setu Bandha Chakrasana



Chakrasana



Viparita Dhandasana



Purna Chakrasana

I-GROUP 46-55 YEARS



Sethubandasana



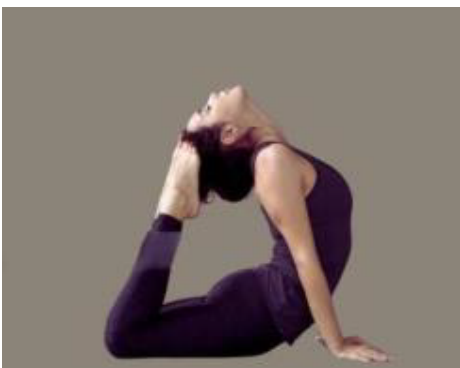
Ustrasana



Chakrasana



Purna Dhanurasana



Purna Bujangasana

56 years Above (Own Choice)