

TWISTING BODY INDIVIDUAL EVENT

Below 6 years (own choice)

A-GROUP 6-7 YEARS



Bharadvajasana



Parivritta Sukhasana



Parivritta Trikonasana



Parivritta Utkatasana



Vakrasana

B-GROUP 8-9 YEARS



Ardha matsyendrasana



Parivritta Trikonasana



Parivritta Padmasana



Parivritta Utkatasana



Parivritta Janu Sirsasana

C-GROUP 10-11 YEARS



Ardha matsyendrasana



Parivritta Utkatasana



Parivritta Trikonasana



Shoolpashasana



Parivritta Janu Sirsasana

D-GROUP 12-13 YEARS



Parvritta Paschimottanasana Parivritta Parsavakonasana



Padaputa Parvritta Janu sirsasana

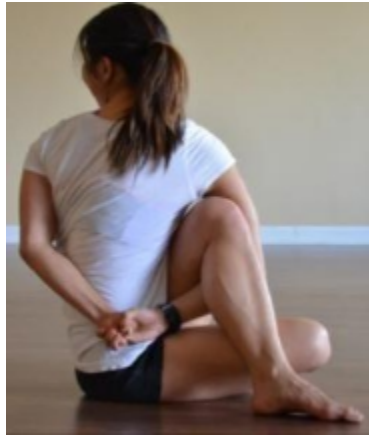


Marichyasana C



Trishoolpashasana

E-GROUP 14-15 YEARS



Baddha Ardha Matsyendrasana



Marichyasana C



Ardha Matsyendrasana III



Baddha parivritta parsavakonasana



Padaputa Parvritta Janu sirsasana

F-GROUP 16-21 YEARS



Marichyasana D



Baddha Parivritta Parsvakonasana



Baddha Ardha Matsyendrasana



Shoolpashasana



Parivritta Janu Sirsasana

G-GROUP 22-35 YEARS



Baddha Ardha Matsyendrasana

Marichyasana D



Parivritta Utkatasana **Parivritta Parsvakonasana**



Parivritta Janu Sirsasana

H-GROUP 36-45 YEARS



Bharadvajasana



Ardha Matsyendrasana



Marichyasana C



Parivritta Trikonasana



Parivritta Padmasana

I-GROUP 46-55 YEARS



Parivritta Utkatasana



Parivritta Trikonasana



Bharadvajasana



Vakrasana



Parivritta Janu Sirsasana

56 years Above (Own Choice)