

HAND BALANCE INDIVIDUAL EVENT

Below 6 Years (Own Choice)

A-Group 6-7 Years



Kakaasana



Dolasana



Kukuttasana



Bhujapidasana



Mayurasana

B-Group 8-9 Years



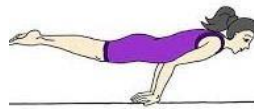
Bakkasana



Dolasana



Astavakrasana



Mayurasana



Parsva Bakasana

C-Group 10-11 Years



Eka Pada Bakasana



Bakkasana



Bhujapidasana



Brahmacharyasana



Mayurasana

D-Group 12-13 Years



Bhujapidasana



Tittibhasana



Parsva Bakasana



Padma Mayurasana



Eka Pada
Koundinyasana

E – Group 14 – 15 Years



Eka Pada Koundinyasana Parsva Bakasana

Tittibhasana

Astavakrasana Padma Mayurasana

F – Group 16–21 Years



Bhujapidasana

Eka Pada Koundinyasana

Tittibhasana

Astavakrasana Padma Mayurasana

G – Group 22 - 35 Years



Parsva Bakasana

Bakasana

Astavakrasana

Tittibhasana

Padma Mayurasana

H-Group 36-45 Years



Dolasana

Bhujapidasana

Bakasana

Astavakrasana

Mayurasana

I-Group 46-55 Years



Dolasana



Bhujapidasana



Bakasana



Astavakrasana



Tittibhasana

56 Years Above (Own Choice)