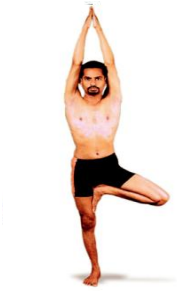


State Level Yoga Leg Balance

Below 6 Yrs Own Choice

A-6-7 Yrs



Vrikshasana



Garudasana



Niralamba Vatayanasana



Veerbhadrāsana-III



Saral Natrajasana

B-8-9



Saral Natrajasana



Garudasana



Urdhva-Prasarita-Lambakonasana



Swarga-Dwijasana



Niralamba Vatayanasana

C-10-11



Ardha Baddha Padmottanasana



Dandayamana-Janushirasana



Nartakasana



Urdhva-Prasarita-Lambakonasana



Utthan Eka Pada Sirasana

D-12-13



Parivrutta-Swarga-Dwijasana



Uttkata-Dandayamana-Janushirasana



Niralamba Vatayanasana



Urdhva-Prasarita-Lambakonasana



Swarga-Dwijasana

E-14-15



Nartakasana



Ruchikasana -2



Anta-Gulfa-Hasta-Natarajasana



Urdhva-Prasarita-Lambakonasana



Lasya-Natarajasana

F-16-21



Dandayamana-Janushirasana



Ardha Baddha Padmottanasana



. Yoganandasana



Ruchikasana-2



Anta-Gulfa-Hasta-Natarajasana

G-22-35



Garudasana



Nirālamba Vāṭāyānasana



. Veeerbhadrasana-III



Natarajasana



Ardha Baddha Padmottanasana

H-36-45



Vrikshasana



Garudasana



Saral Natarajasana



Ardha Baddha Padmottanasana



Utthan Eka Pada Sirasana

I-46-55



Vrikshasana



Garudasana



Saral Natrajasana



Veerbhadrasana-III



Niralamba Vatayanasana

56 years above own choice