

INVERTED INDIVIDUAL EVENT

Below 6 Years (Own Choice)

A-Group 6-7 Years



Viparita Karani



Ardha Halasana



Sasangasana



Adhomukhasvanasana



Sarvangasana

B-Group 8-9 Years



Salamba Sarvangasana



Halasana



Adhomukhasvanasana



Pincha Mayurasana Preparatory I



Uttanpadasana

C-Group 10-11 Years



Salamba Sarvangasana



Halasana



Pincha

Mayurasana Preparation II

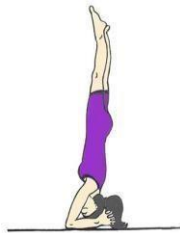


Mukta Hasta Sirsasana Variation A



Viparita Karani

D-Group 12-13 Years



Sirsasana



Salamba Sarvangasana Variation



Halasana



Pincha Mayurasana



Karnapidasana

E – Group 14 – 15 Years



Sirsasana



Pincha Mayurasana



Prasarita padototasana

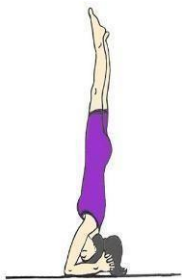


Halasana



Salamba Sarvangasana

F – Group 16–21 Years



Sirasasana



Pincha mayurasana



Prasarita padotatonasana



Vrischikasana



Karnabedasana

G – Group 22 - 35 Years



Sirsasana



Prasarita Padototanasana



Halasana

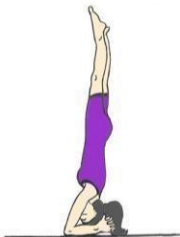


Salamba Sarvangasana Variation



Pincha Mayurasana Preparatory I

H-Group 36-45 Years



Sirsasana



Salamba Sarvangasana



Halasana



Pincha Mayurasana



Viparita Karani

I-Group 46-55 Years



Viparita Karani



Sarvangasana



sasangasana



Halasana



Adhomukhasvanasana

56 Years Above (Own Choice)