

TRADITIONAL YOGASANA INDIVIDUAL EVENT

6–7 YEARS A GROUP



Vrikshasana Poorna Bhujangasana Ardha Matsyendrasana Kakasana Laghu Vajrasana

8–9 Years. B Group



Eka Pada Rajakapotasana Chakrasana Garudasana Kurmasana Bhujapidasana

10–11 years C-Group



Baddha Padmasana Natarajasana Tittibhasana Laghu Vajrasana Yoga Nidra

12–13 years D-Group



Eka Pada Sirasana Garbhasana Parivrita Trikonasana Paschimottanasana Poorna Salabhasana

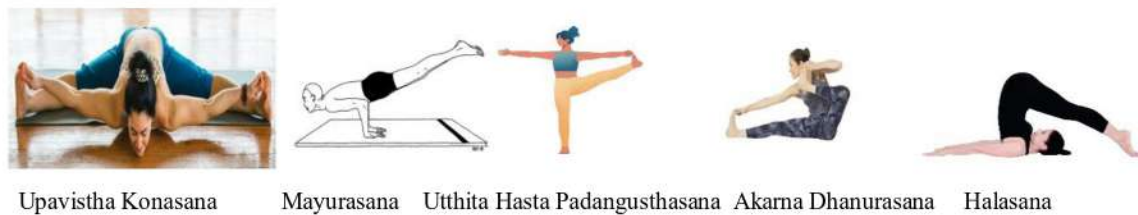
14–15 years E-Group



16–21 Years. E-Group



22–35 Years. G-Group



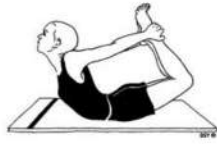
36–45 Years. H-Group



46–55 Years. I Group



Virabhadrasana



Dhanurasana



Parivritta Janusirasana



Ardha Matsyendrasana



Sarvangasana