

DISTRICT YOGA CHAMPIONSHIP

Twisting Pose Asanas List

A-Group 6-7 Yrs



Bharadvajasana



Parivrtta Sukhasana



Ardha Matsyendrasana Half



Parivrtta Utkatasana



Vakrasana

B – Group (8-9 Years)



Ardha Matsyendrasana



Bharadvajasana



Parivrtta Trikonasana



Parivrtta Utkatasana



Parivrtta Janu Sirsasana

C – Group 10-11 Years



Ardha Matsyendrasana



Parivrtta Trikonasana



Parivrtta Utkatasana

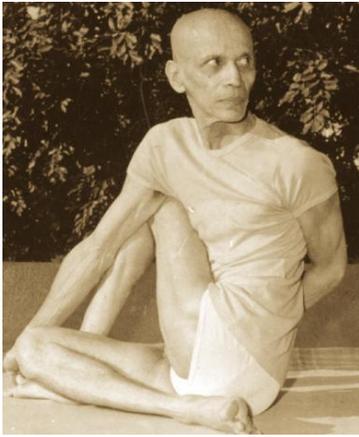


Parivrtta Janu Sirsasana



Parivrtta Tadasana

D – Group 12 - 13 Years



Ardha Matsyendrasana



Parivrtta Trikonasana



Parivrtta Parsvakonasana

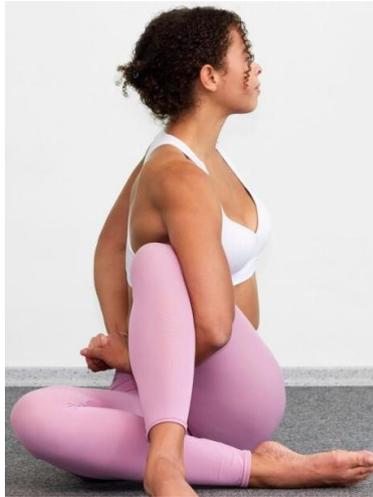


Marichyasana C



Parivrtta Janu Sirsasana

E – Group 14 - 15 Years



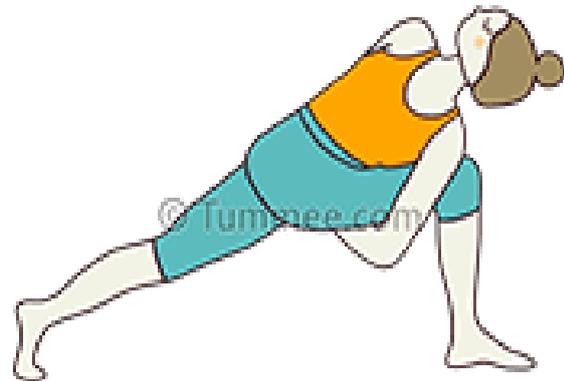
Baddha Ardha Matsyendrasana



Ardha Matsyendrasana III



Marichyasana D



Parivrtta Parsvakonasana



Parivrtta Janu Sirsasana

F – Group 16 - 21 Years



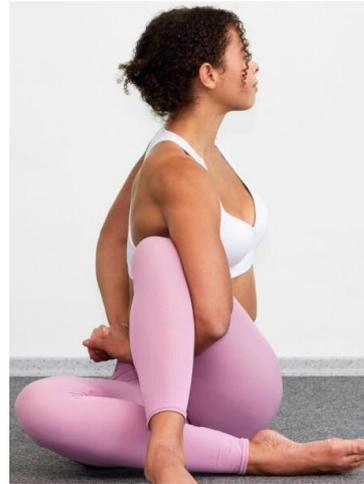
Marichyasana D



Raja Kapotasana



Parivrtta Parsvakonasana



Baddha Ardha Matsyendrasana



Parivrtta Janu Sirsasana

G – Group 22 - 35 Years



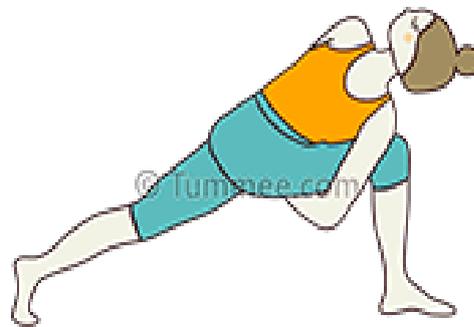
Baddha Ardha Matsyendrasana



Marichyasana D



Parivrtta Trikonasana



Parivrtta Parsvakonasana



Parivrtta Janu Sirsasana

H – Group 36 - 45 Years



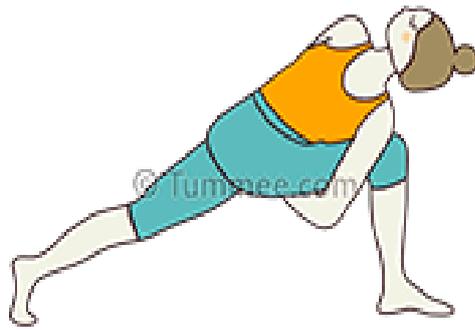
Ardha Matsyendrasana



Marichyasana C



Parivrtta Trikonasana



Parivrtta Parsvakonasana



Bharadvajasana

I – Group 36 - 45 Years



Ardha Matsyendrasana



Parivrtta Janu Sirsasana



Vakrasana



Parivrtta Trikonasana



Bharadvajasana

56 Years & Above (Free Choice)

