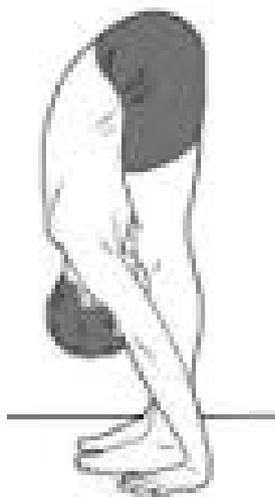


DISTRICT YOGA CHAMPIONSHIP

Forward Bend Asanas List

A – Group 6-7 Years



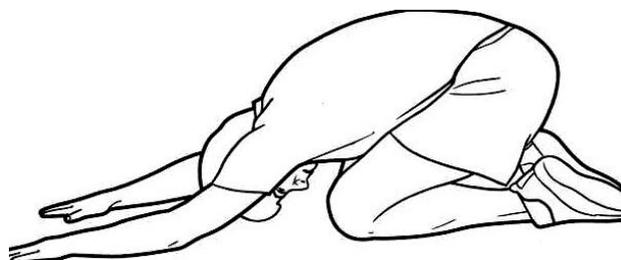
Padahasthasana



Uttanasana



Paschimottasana

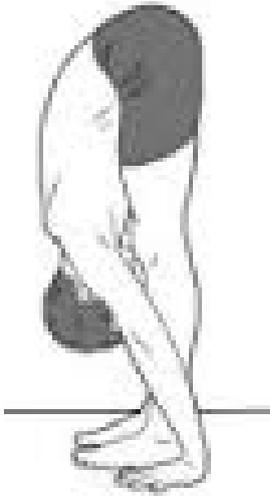


Balasangana

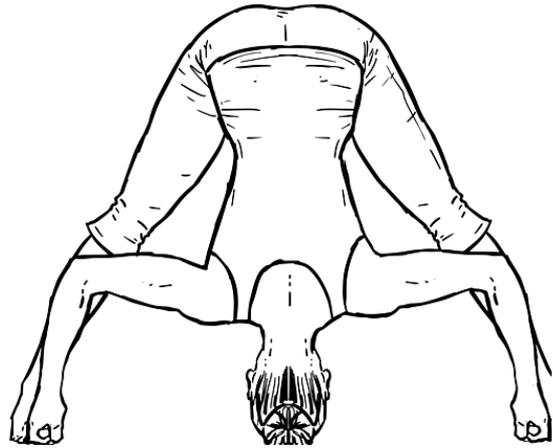


Kurmasana

B- Group 8-9 Years



Padahasthasana



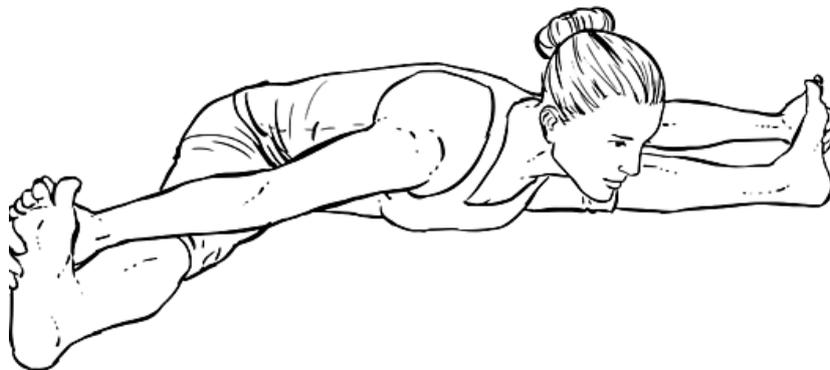
Prasarita Padottanasana



Paschimottasana



Janu Sirsasana



Upavistha Konasana

C – Group 10-11 Years

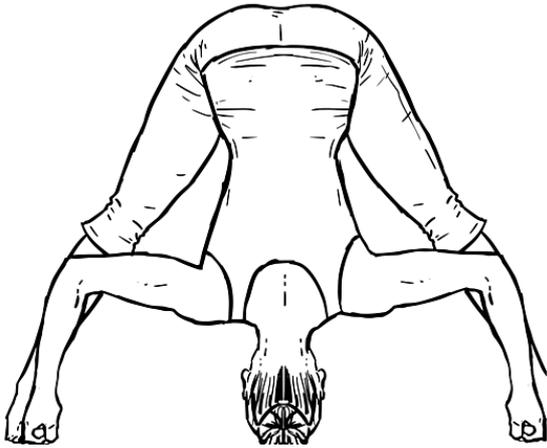


Trianga Mukhaikapada

Paschimottasana



Parivrtta Janu Sirsasana



Prasarita Padottanasana

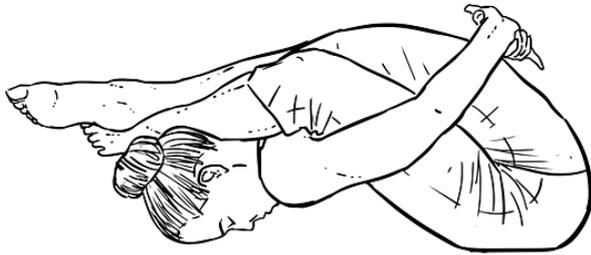


Uttanasana

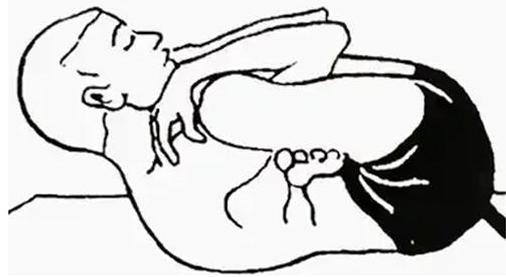


Kurmasana

D – Group 12 - 13 Years



Supta Kurmasana



Uttana Kurmarsana



Paschimottanasana



Janu Sirsasana

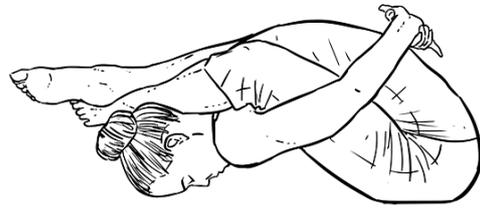


Upavistha Konasana

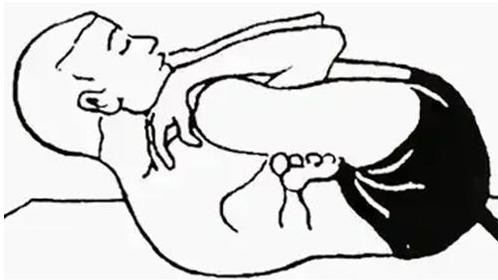
E – Group 14 - 15 Years



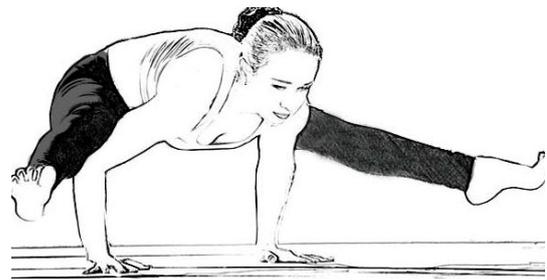
Kurmasana



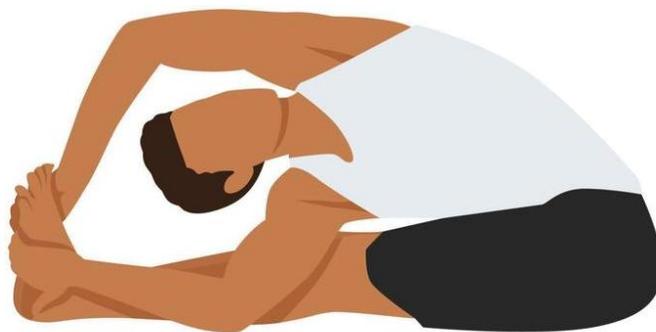
Supta Kurmasana



Uttana Kurmarsana

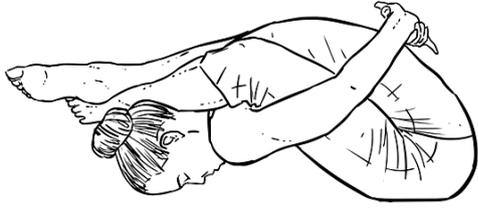


Titibasana



Parivrta Pachimotasana

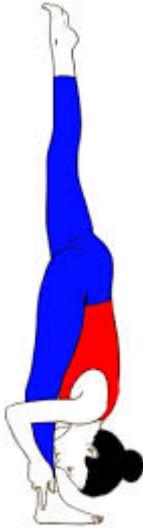
F – Group 16 - 21 Years



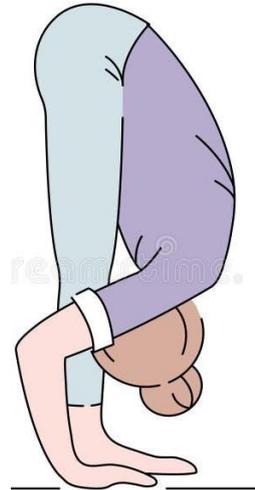
Supta Kurmasana



Titibasana



Urthuva Prasarita Ekapadasana



Uttanasana

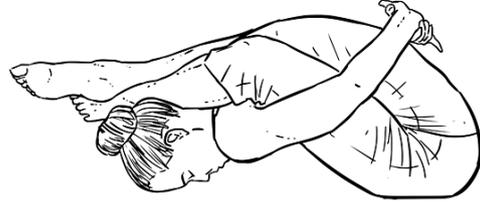


Yoga Nidrasana

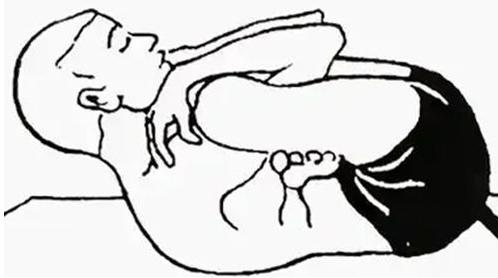
G – Group 22 - 35 Years



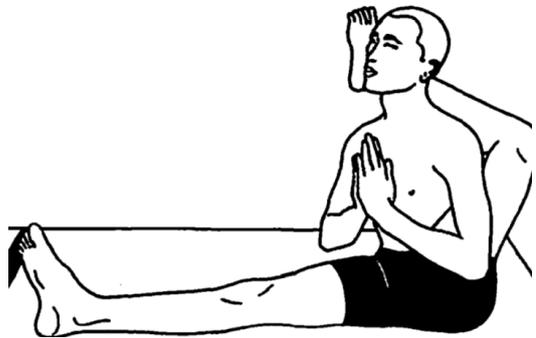
Yoga Nidrasana



Supta Kurmasana



Uttana Kurmarsana



Eka Pada Sirsasana



Prasarita Padottanasana

H – Group 36 - 45 Years



Paschimottanasana



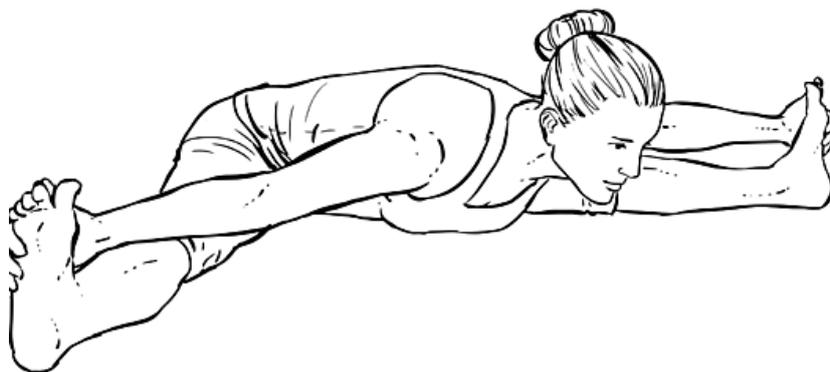
Janu Sirsasana



Kurmasana



Uttanasana



Upavistha Konasana

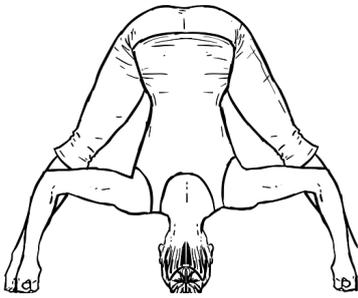
I – Group 46 - 55 Years



Paschimottasana



Janu Sirsasana



Prasarita Padottasana



Kurmasana



Uttanasana

56 Years & Above (Free Choice)