

AGE CATEGORY – 12-18 Yrs (Boys & Girls)

COMPULSORY ASANA (20 Sec Hold)

COMPULSARY ASANA

- Gomukhasanas
- Paschimottanasana
- Suptvajrasana
- Natrajasana
- Padhastana
- Sarvangasana
- Trikonasana
- Halasana

ADVANCE ASANA

- Garudasana
- Chakrasana
- UtthithParsavkonasana

Gomukhasanas



- Bend your right leg, place the right feet under your left buttock.
- Stack your left knee over your right knee.
- Raise the left arm above your head and bend the elbow.
- Try to hold your hands together and clasp the fingers if possible

Paschimottanasana



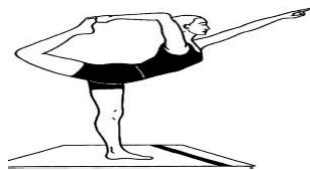
- Sit on floor, legs straight.
- Reach arms up.
- Hinge at hips, fold forward.
- Lengthen spine & Hold feet

Suptvajrasana



- Kneel on the floor.
- Sit back on heels.
- Lie back, place elbows on the ground.
- Lower back onto the floor.
- Arch back, reach arms overhead.

Natrajasana



- Stand tall on one leg.
- Bend opposite knee, hold ankle.
- Reach forward with opposite arm.
- Gaze ahead.

Padhastana



- Exhale. Bend forward and down with your arms outstretched.
- Keep your knees straight and your head close to your knees.
- Grip the back of your lower legs (your calves) with your hands.

Sarvangasana



- Lie on back & lift legs up.
- Support lower back with hands.
- Raise hips off floor.
- Straighten legs toward ceiling & keep neck straight.

Trikonasana



- Inhale, raise your hands parallel to shoulders
- touch your toe with one hand down and raise another hand up while looking at the upward hand
- Repeat the same for other side.

Halasana



- Lie on your back with your arms beside you, palms downwards.
- Lift your feet off the floor, raising your legs vertically at a 90-degree angle.
- Supporting your hips, back with your hands, lift them off the ground.
- Allow your legs to sweep in a 180-degree angle over your head till your toes touch the floor. Your back should be perpendicular to the floor.

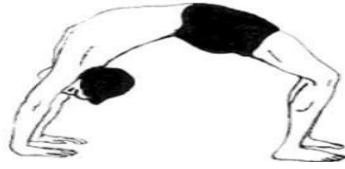
ADVANCE ASANA (10 Secs Hold)

Garudasana



- Stand straight with your knees slightly bent, and then lift your left leg to cross it over your right.
- Cross your right arm over your left, bending your elbows so your arms are perpendicular to the floor.
- Ensure that your hands are touching each other in the back.

Chakrasana



- Lie flat on back.
- Bend knees, feet flat.
- Place palms by ears.
- Lift hips & chest, Arch back, straight arms & gaze up.

Utthith Parsavkon



- Stretch your left leg sideways at ninety-degree to the right leg.
- Your left leg will be bent at the knee and the left shoulder will be near the left knee
- Place the left palm on the floor behind the left knee.
- Next, raise your right arm sideways; the right arm and right leg will now be in a straight line.