



# SYLLABUS FOR GUIDELINES FOR YOGA COMPETITION



AGE CATEGORY- 26 to 35yrs (MALE & FEMALE)

Compulsory Asana 20 Secs. Hold

## COMPULSORY ASANA

- Vrikshasana
- Hastpadasana
- Utthita Trikonasana
- Ushtrasana
- Padmasana
- Utkatasana
- Halasana
- Uttanpadasana 90°

## ADVANCE ASANA

- Marichyasana
- Natrajasana
- Chakarasana



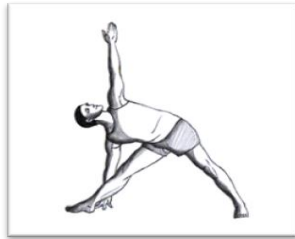
### Vrikshasana

- Stand straight.
- Shift weight to one foot.
- Lift opposite foot and place it on inner thigh.
- Balance and stretch arms up
- Bring palms together.



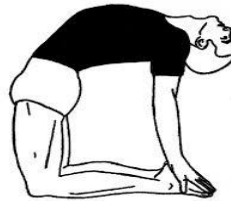
### Hastpadasana

- Hands on the side of the feet.
- Legs should be straight.
- Back maximum stretched
- Chest and forehead touching the legs.



### Utthita Trikonasana

- Waist to be parallel to the ground.
- Both arms in a straight line.
- Position of hand adjacent to heel
- Face towards the sky



### Ushtrasana

- Kneel on the floor.
- Feet hip width apart.
- Hands on lower back.
- Arch back, lift chest.
- Tilt head back, look up.



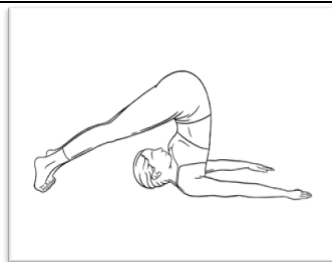
### Padmasana

- Knees bent, separated, and resting in an easy crossed position (right leg on top).
- Make Gyan mudra of both hands.
- Do not round your lower back, lift your ribcage.
- Eyes closed.



### Utkatasana

- Raise hands upwards. -Touch the ears and soften the shoulders.
- Bend knees, move hip backwards as if you are sitting on a chair.
- Elbows straight.



### Halasana

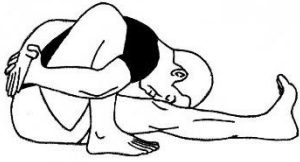
- Bend legs over your head.
- Place arms firmly on the mat.
- Keep neck straight.
- Place toes on the floor.
- join both legs together and keep knees straight.



### Uttanpadasana 90°

- Lie flat on back.
- Keep legs together.
- Lift both legs 90
- Keep hands by the side.

## Advance Asana (10 secs Hold)



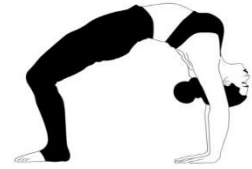
### **Marichyasana**

- Right leg extended straight and foot flexed.
- Left leg's foot close to pelvis.
- Bend forward resting on knee.
- Shoulder blades towards each other.
- Hands clasp the wrist.
- Arms wrap around knee.
- Gaze towards extended leg.



### **Natrajasana**

- Press into the standing foot.
- Extend the left foot back, folded from left knee.
- Knee in line with hip joint.
- Draw naval towards spine.
- Press left foot to hand and hand to foot.
- Gaze to right hand.



### **Chakrasana**

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