




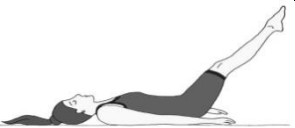






SYLLABUS FOR GUIDELINES FOR YOGA COMPETITION

AGE CATEGORY- 36 TO 45 YEARS (LADIES AND GENTS)

Compulsory Asana 20 Sec. Hold

<p>36 to 45yr</p> <p>Compulsory Asana</p> <ul style="list-style-type: none"> • Tadasana • Bhujangasana • Veerbhadarasana • Parvatasana • Halasana • Uttanpadasana 60 degree • Janusheerasana • Pawanmuktasana <p>Compulsory Asana</p> <ul style="list-style-type: none"> • Utthita trikonasana • Hastpadhastasana • Paschimottanasana 	<div style="text-align: center;">  <p>Tadasana</p> </div> <ul style="list-style-type: none"> • Stand with toes together • Arms should be straight Heels up • Graze in front 	<div style="text-align: center;">  <p>Bhujangasana</p> </div> <ul style="list-style-type: none"> • Lie down flat on your abdomen • Raise your forehead with your chin pushed out. • Raise your torso from the ground.
<div style="text-align: center;">  <p>Veerbhadarasana</p> </div> <ul style="list-style-type: none"> • Leg on the ground must be straight. • Both arms, back and leg in straight line with toe maximum stretched. • Head in between both arms. • Hands folded to ether. 	<div style="text-align: center;">  <p>Parvatasana</p> </div> <ul style="list-style-type: none"> • step your left foot back, aligning it beside the right foot. • Simultaneously, raise your buttocks and lower your head between the arms, forming a triangular shape with the back and legs. • Ensure that both legs and arms are straight in the final position 	<div style="text-align: center;">  <p>Halasana</p> </div> <ul style="list-style-type: none"> • Bend your legs over your head. • Place your arms firmly on the mat. • Keep your neck straight. • Place your toes on the floor.
<div style="text-align: center;">  <p>Uttanpadasana 60 degree</p> </div> <ul style="list-style-type: none"> • Palms towards the ground • Legs straight upwards up to 60° 	<div style="text-align: center;">  <p>Janusheerasana</p> </div> <ul style="list-style-type: none"> • Stretches your entire back body • Begin in Dandasana (Staff Pose). Bend your right knee and place the sole of your right foot high on your left inner thigh. • Lengthen your spine; take your right hand to the outside of your left thigh and your left hand behind your left hip. • Bend at your hips and lean forward over your left leg. • Reach for your left foot. 	<div style="text-align: center;">  <p>Pawanmuktasana</p> </div> <ul style="list-style-type: none"> • Lie on your back with your feet together and arms beside your body. • Bring your right knee towards your chest and press the thigh on your abdomen with clasped hands. • Lift your head and chest off the floor and touch your chin to your right knee. Hold it there.

Advance Asana 10 Sec. Hold



Utthita trikonasa

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



Hastapadhasana

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



Paschimottasana

- Knees on the ground.
- Toes pointing up to be gripped with Thumb and Index finger, other three fingers folded inside.
- Back maximum stretched with abdomen, chest, forehead touching legs.
- Elbows on the ground