

AGE CATEGORY – 46 & above (Male & Female)

COMPULSORY ASANA (20 Sec Hold)

COMPULSORY ASANA

- Tadasana
- Uttanpadasana 60°
- Katti Chakraasana
- Triyaktadasana
- Vajrasana
- Ardh Ushtrasana
- Sethubandhasana
- Naukasana

ADVANCE ASANA

- Ushtrasana
- Vrikshasana
- Gomukhasana



Tadasana

- Stand with toes together
- Arms should be straight
- Heels up
- Graze in front



Uttanpadasana 60°

- Palms towards the ground
- Legs straight upwards up to 60°



Katti Chakraasana

- Stand with the feet shoulder with apart
- Arms by the side left hand on the right shoulder, right hand around the lower back twist waist to the right



Triyaktadasana

- Bend to the one side ,as much as possible
- Hands should not fold at the elbow



Vajrasana

- Thighs should rest on the calves
- Spine should be straight



Ardh Ushtrasana

- Stand on knees
- Feet flat behind the body
- Both hand on your lower back
- Drop the head backward and back in arch position



Sethubandhasana

- Fold both the legs placing the heels on the ground near to the buttocks
- Raise the buttocks and the trunk up as far as you can



Naukasana

- Body should form a V-shape
- legs raised straight up towards the ceiling and your torso lifted at a 45° angle from the floor

ADVANCE ASANA (10 Secs Hold)



Ushtrasana

- Thigh perpendicular to the ground
- Palms on the heels
- Knee , heels and toes together
- Ankles touching the ground



Vrikshasana

- Stand straight
- Shift weight to one foot
- Lift opposite foot and place it on inner thigh
- Stretch arms up or bring palms together



Gomukhasana

- Adjust the right knee above the left knee
- Place the left arm behind the back and the right arm over the right shoulder
- Clasp the fingers of both hand behind the back