



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF : INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

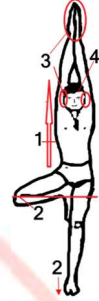
REGD. OFFICE : Flat No. 501, GHS-93, SECTOR-20, PANCHKULA -134 116 (HARYANA) - INDIA

E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINE FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

SUB JUNIOR GROUP-A (8-10 YEARS, BOYS & GIRLS)

1. VRIKSHASANA
2. PADAHASTASANA
3. USHTRASANA
4. SASANGASANA
5. AKARNA DHANURASANA
6. GARABHASANA
7. EKA PADA SIKANDHASANA
8. CHAKRASANA
9. SARVANGASANA
10. DHANURASANA



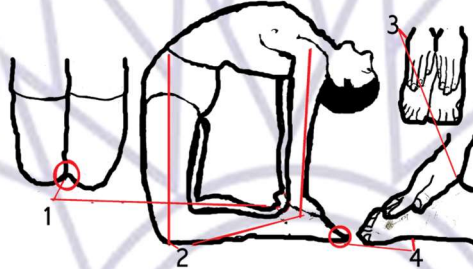
VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.



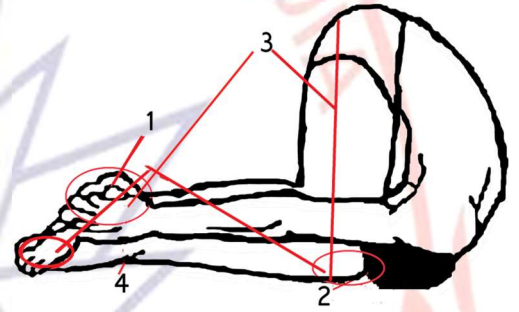
PADAHASTASANA

1. Legs to be straight.
2. Abdomen, chest & forehead touching legs.
3. Back maximum stretched & forearms touching legs from the side.
4. Hands on the side of feet with alignment of toes.



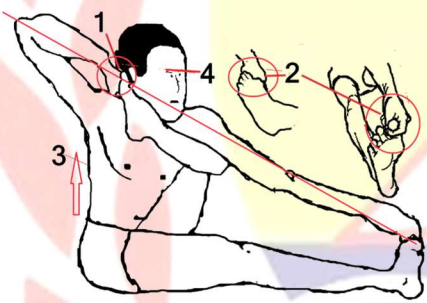
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



SASANGASANA

1. Toes, heels and knees together.
2. Forehead touching knees, cranium on ground.
3. Thighs perpendicular to the ground & Palms on the heels from the sides.
4. Ankles touching ground.



AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



GARABHASANA

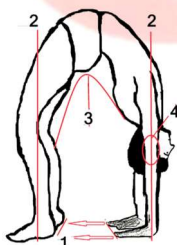
Note: - If only one arm in between thigh and calf then marks to be given out of 5

1. Both arms in between thigh and calf.
2. Back, neck and head maximum straight.
3. Ears to be covered by palms.
4. Face in front.



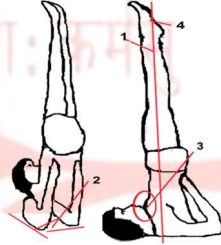
EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck & head to be maximum straight.
3. Toe of the stretched leg pointing up with knee pit touching ground.
4. Hands joined in front of chest.



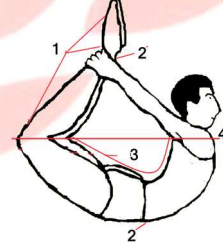
CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.



SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



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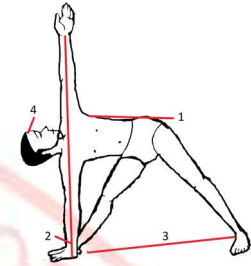
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SYLLABUS AND GUIDELINE FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

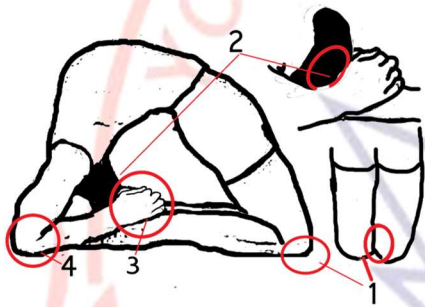
SUB JUNIOR GROUP-B (10-12 YEARS, BOYS & GIRLS)

1. TRIKONASANA
2. PURNA USTHRASANA
3. PASCHIMOTTANASANA
4. EKA PADA SIKANDHASANA
5. AKARNA DHANURASANA
6. KUKKUTASANA
7. YOGA NIDRASANA
8. SARVANGASANA
9. CHAKRASANA
10. DHANURASANA



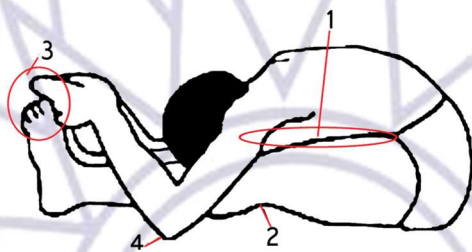
TRIKONASANA

1. Waistline to be parallel to the ground.
2. Position of palm adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



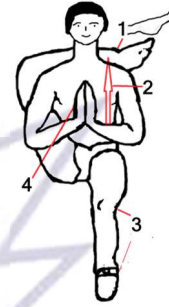
PURNA USHTRASANA

1. Knees, heels and toes together
2. Cranium placed on the arch of feet.
3. Heels to be gripped by palms from the sides.
4. Elbows upto shoulders parallel to each other.



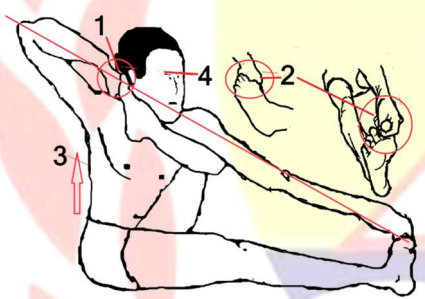
PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck & head to be maximum straight.
3. Toe of the stretched leg pointing up with knee pit touching ground.
4. Hands folded in front of chest.



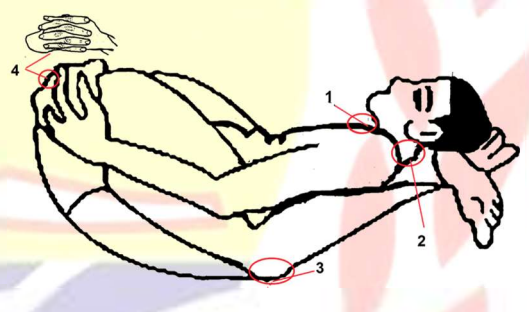
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



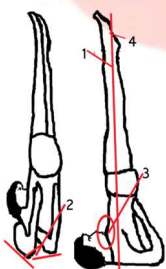
KUKKUTASANA

- Note: - If only one arm in between thigh & calf then marks to be given out of 5**
1. Arms to be inserted in between thigh & calf, palms placed on ground with fingers together.
 2. While lifting body upward arms to be straight & parallel to each other and hips & knees to be parallel to the ground at elbows height.
 3. Head, neck & back to be maximum straight,
 4. Face in front.



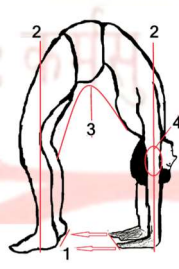
YOGA NIDRASANA

1. Shoulders to be taken out from the crossing of legs.
2. Neck to rest on the crossing of ankles. Toes not touching ground.
3. Knees on ground with weight to be placed on middle of back.
4. Interlock gripping of fingers at buttock.



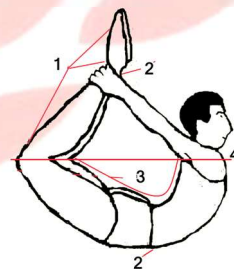
SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward.



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



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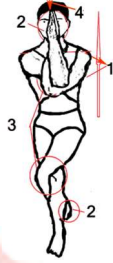
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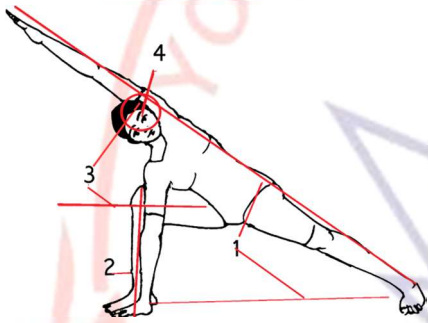
SUB JUNIOR GROUP-C (12-14 YEARS, BOYS & GIRLS)

1. GARUDASANA
2. PARSVAKONASANA
3. VIBHAKTA PASCHIMOTTHANASANA
4. BAKASANA
5. PURNA SUPTA VAJRASANA
6. UTTHIT EKA PADA SIKANDHASANA
7. PADMA SARVANGASANA
8. EKA PADA CHAKRASANA
9. EKA PADA BADDHA RAJKAPOTASANA
10. PURNA DHANURASANA



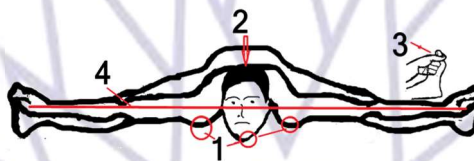
GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



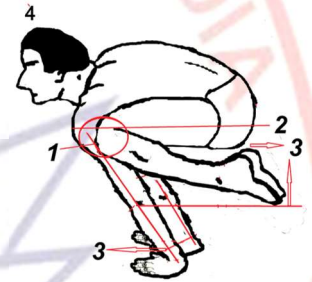
PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment.
2. Folded leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear.
4. Face forward.



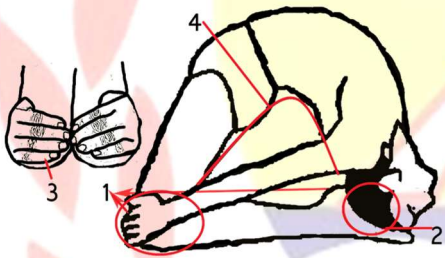
VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Indexfinger, other fingers folded inside.
4. Arms in straight line.



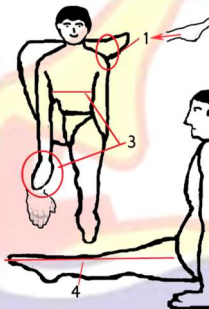
BAKASANA

1. Elbows straight with knees in armpit.
2. The buttocks to be in alignment to the shoulder, thigh parallel to ground
3. Gap in hands up to shoulder width with fingers together & heels together near to buttocks.
4. Face forward.



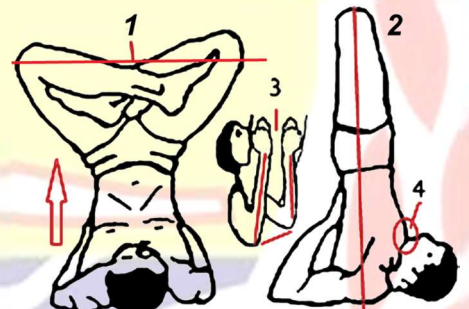
PURNA SUPTA VAJRASANA

1. Knees, heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.



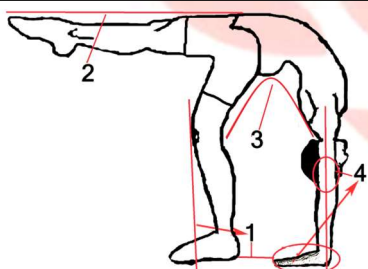
UTTHIT EKA PADA SIKANDHASANA

1. Heel touching opposite side shoulder with toe of folded leg stretched out.
2. Back, neck and head to be straight.
3. Palms (fingers together) placed on ground at shoulder width & body lifted up with arms straight.
4. Lifted leg straight with toe stretched out.



PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



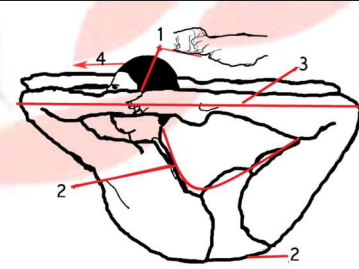
EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward.
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



EKA PADA BADDHA RAJKAPOTASANA

1. After assuming hanuman asana both thighs on the ground with the alignment of buttocks.
2. Arch of foot to be placed on cranium, shoulders in a line, spine arched upto maximum level.
3. Both big toes of the feet to be gripped by the index finger and thumb of the same hand.
4. Face upward.



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on navel with thighs, hips & back making maximum arch.
3. Legs (knee) & arms (elbow) in straight line.
4. Face in front.



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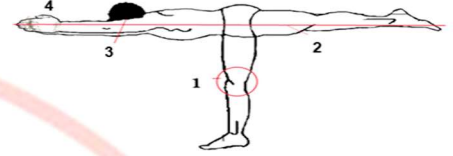
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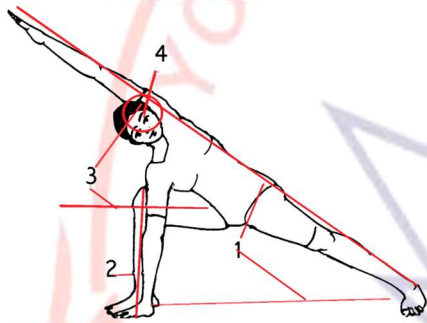
JUNIOR GROUP-A (14-16 YEARS, BOYS & GIRLS)

1. VIRBHADRASANA
2. PARVA KONASANA
3. ARDHA BADDHA PADMA PASCHIMOTTASANA
4. KUKKUTASANA
5. PURNA SUPTA VAJRASANA
6. TITIBHASANA
7. EKA PADA VIPARIT DANDASANA
8. SUPTA KONASANA
9. VIBHAKTA VIPARIT SUPTASANA
10. PURNA DHANURASANA



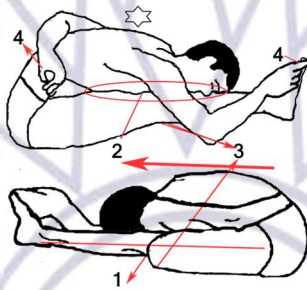
VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and lifted leg in straight line, parallel to the ground with toestretched.
3. Head in between both arms, biceps touching ears.
4. Hands joined together without locking thumbs.



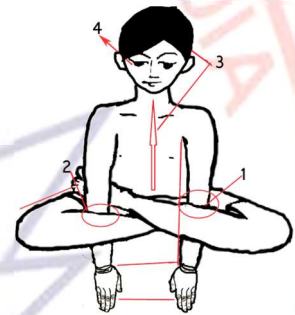
PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment.
2. Folded leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear.
4. Face forward.



ARDHA BADDHA PADMA PASCHIMOTTANASANA

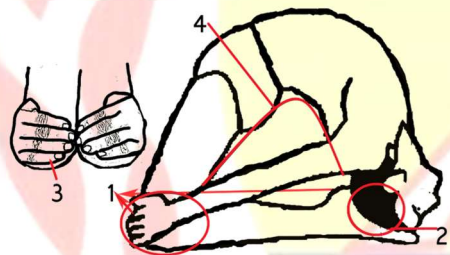
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.



KUKKUTASANA

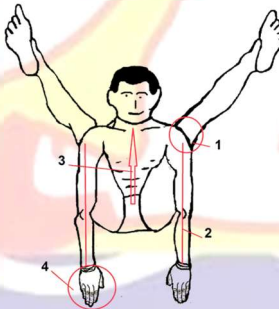
Note: - If only one arm in between thigh & calf then marks to be given out of 5

1. Arms to be inserted in between thigh & calf, palms placed on ground with fingers together.
2. While lifting body upward arms to be straight & parallel to each other and hips & knees to be parallel to the ground at elbows height.
3. Head, neck & back to be maximum straight,
4. Face in front.



PURNA SUPTA VAJRASANA

1. Knees, Heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.



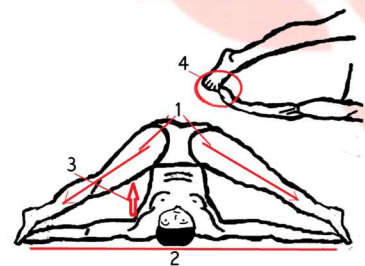
TITIBHASANA

1. Legs stretched and straight, touching the back of the shoulders.
2. Arms parallel to each other up to shoulderwidth.
3. Back maximum straight, gaze forward.
4. Both palms on the ground with fingers together.



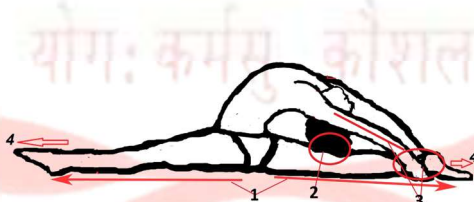
EKA PADA VIPARIT DANDASANA

1. After assuming Chakrasana upper leg should be straightened and perpendicular to ground with toe stretched upward.
2. Holding front ankle with both palms, thumbs on the back with fingers in front.
3. Thighs, hips, back & neck making maximum arch, but not to be touched with buttock or calf.
4. Face in front.



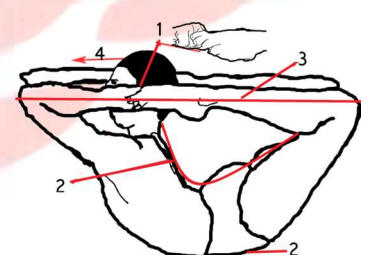
SUPTA KONASANA

1. After assuming Halasana legs stretched straight on both side of the body with big toes pointing outside, touching ground & heels pointing upward.
2. Arms in straight line on either side of the body.
3. Back maximum straight with chin lock.
4. Both big toes gripped with thumb and index finger, other fingers folded



VIBHAKTA VIPARIT SUPTASANA

1. Leg stretched in front and back with hips, thighs & heels in straight line & touching the ground. (like hanuman asana).
2. Body to be bent backward with cranium touching the thigh at the back.
3. Arms maximum straight, gripping from ankles with both palms, thumbs upside & fingers downside.
4. Toes stretched outside.



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs hips & back making maximum arch.
3. Legs (knee) & arms (elbow) in straight line.
4. Face in front.



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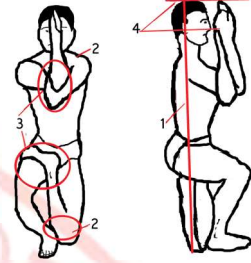
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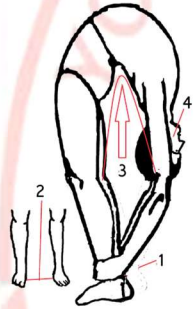
JUNIOR GROUP-B (16-18 YEARS, BOYS & GIRLS)

1. VATAYANASANA
2. PURNA CHAKRASANA
3. PARIVARTITA PARSVAKONASANA
4. VIBHAKTA PASCHIMOTTANASANA
5. PADMA BAKASANA
6. PURNA MATSYENDRASANA
7. KOUNDINYASANA
8. PADMA SARVANGASANA
9. PURNA SHALABHASANA
10. PADANGUSHTH DHANURASANA



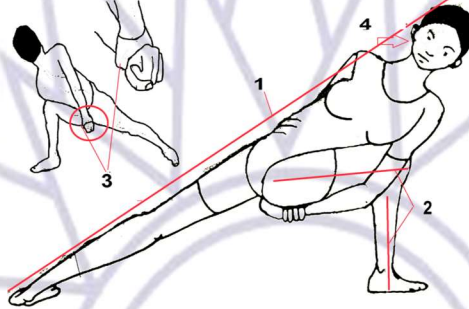
VATAYANASANA

1. Grounded knee, hips, back up to head to be in a straight line.
2. Grounded knee to touch the heel of the other foot, shoulders maximum straight.
3. If right arm is above left arm, left foot on the right thigh.
4. Hands together in front of nose & fingers at level of forehead.



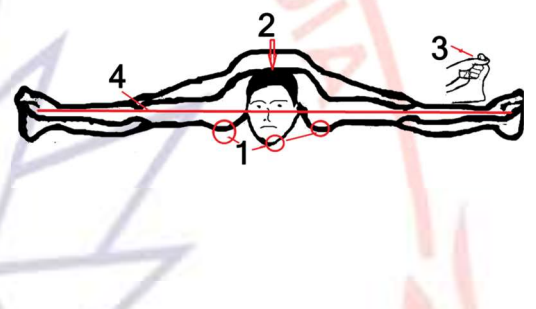
PURNA CHAKRASANA

1. Gripping from ankles with thumb inner side & fingers outside.
2. Gap in both legs approx. ½ feet with toes parallel to each other.
3. Legs to be straight with bodystretched upward to make arch.
4. Head placed in between arms touching ears.



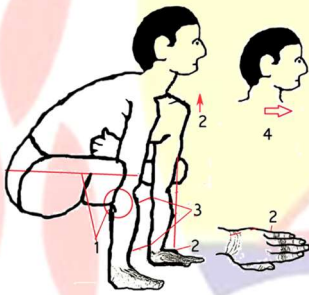
PARIVARTITA PARSVAKONASANA

1. Leg, waist and head in straight line after twisting body.
2. The folded leg up to knee perpendicular to ground & thigh parallel to ground.
3. Wrist of the front hand to be gripped by hand on the back.
4. Face in front.



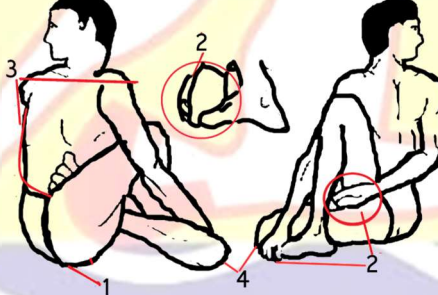
VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Indexfinger, other fingers folded inside.
4. Arms in straight line.



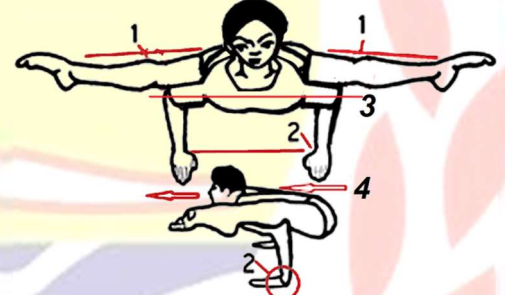
PADMA BAKASANA

1. Knees to be raised up to elbow line after assuming padmasana, with thighs upto knees parallel to the ground.
2. Head to be straight, palms placed on ground with thumbs & fingers together.
3. Arms to be straight and parallel at shoulders width.
4. Gaze forward.



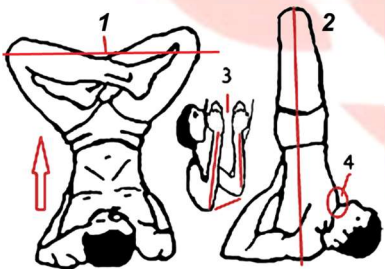
PURNA MATSYENDRASANA

- Note: - No marks to be given, if Ardhamatsyendrasana performed.
1. Both buttocks on the ground.
 2. One hand gripping other thigh from back side, & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
 3. Back straight with shoulders & head in straight line.
 4. Big toe on ground, in line with folded knee.



KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.



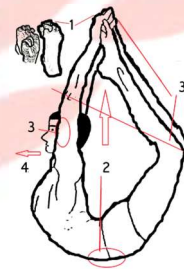
PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana & crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



PURNA SHALABHASANA

1. After assuming Shalabhasana arch of feet to be placed on the cranium, arms parallel to each other at shoulders width.
2. Chest, shoulders & chin to be on ground.
3. Knees, heels and toes together.
4. Palms facing down with thumb & fingers together.



PADANGUSHTH DHANURASANA

1. Big toes together gripped with index & middle finger, other fingers folded inside.
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears.
4. Head in between both arms touching ears, face in front.



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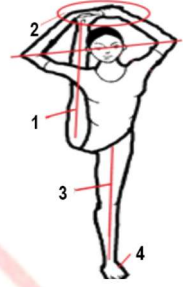
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E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINE FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

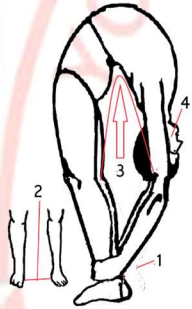
SENIOR GROUP-A (18-21 YEARS, MEN & WOMEN)

1. TRIVIKRAMASANA
2. PURNA CHAKRASANA
3. UTHITA PASCHIMOTTASANA
4. KOUNDINYASANA
5. PARIVRITTA PARSVAKONASANA
6. OMKARASANA
7. PURNA MATSYENDRASANA
8. KARNAPIDASANA
9. PURNA DHANURASANA
10. SIRSHASANA



TRIVIKRAMASANA

1. Lifted leg to be straight touching waistline and side of the head, with neck straight.
2. Both elbows in alignment, placing palm of same hand on the heel and gripping toe with palm of other hand.
3. Leg on the ground to be straight.
4. Foot on ground to be straight.



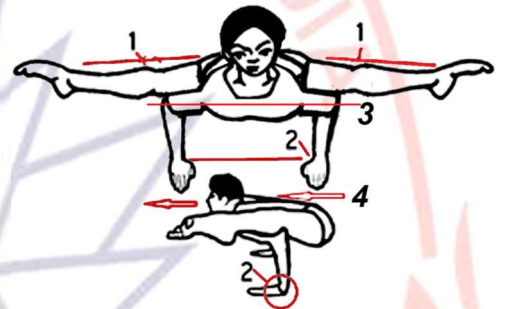
PURNA CHAKRASANA

1. Gripping from ankles with thumb inner side & fingers outside.
2. Gap in both legs approx. ½ feet with toes parallel to each other.
3. Legs to be straight with body stretched upward to make arch.
4. Head placed in between arms touching ears.



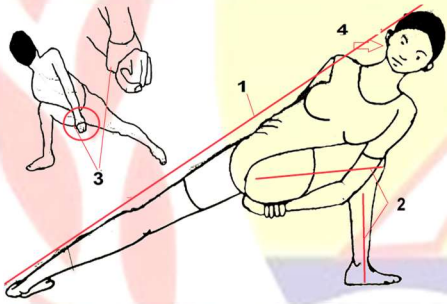
UTTHITA PASCHIMOTTANASANA

1. Both Legs straight with toes pointing upward.
2. Back maximum stretched with abdomen, chest, shoulders and forehead touching the legs.
3. Palms holding the heels with balance on buttocks.
4. Biceps touching shin (side calves).



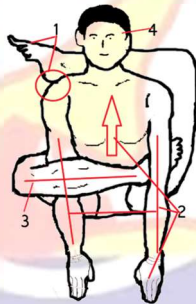
KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.



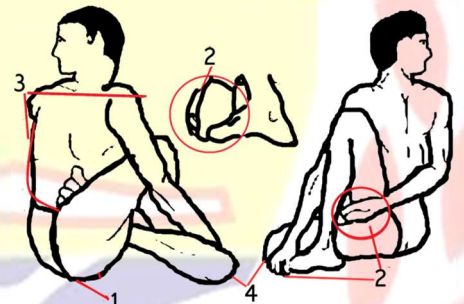
PARIVRITTA PARSVAKONASANA

1. Leg, waist and head in straight line after twisting body.
2. The folded leg up to knee perpendicular to ground & thigh parallel to ground.
3. Wrist of the front hand to be gripped by hand on the back.
4. Face in front.



OMKARASANA

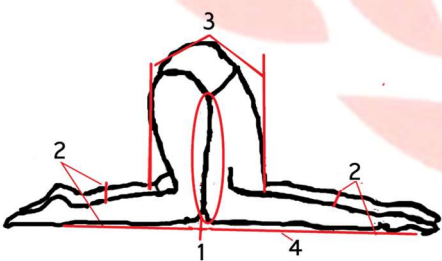
1. Heel of upper leg touching opposite side shoulder & toe stretched out.
2. Both arms straight & parallel to each other with fingers together & back straight.
3. Second leg crossing elbows in straight line, with toe stretched out.
4. Face forward.



PURNA MATSYENDRASANA

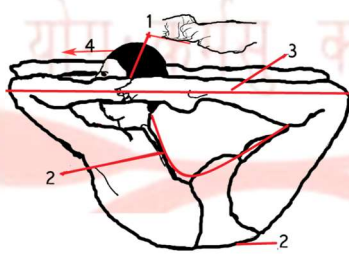
Note: - No marks to be given, if Ardhamatsyendrasana performed.

1. Both buttocks on the ground.
2. One hand gripping other thigh from back side. & other hand gripping big toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in straight line.
4. Big toe on ground, in line with folded knee.



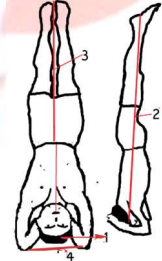
KARNAPIDASANA

1. After assuming Halasana thigh & knees to touch abdomen, chest & shoulders.
2. Arms and legs in opposite direction, in a straight line & gap in both arms and legs to be at shoulders width.
3. Back and thighs to be straight.
4. Ankles & palms touching ground.



PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger, other fingers folded inside.
2. Balance on naval with thighs, hips & back making maximum arch.
3. Legs (knee) & arms (elbow) in straight line.
4. Face in front.



SIRSHASANA

1. Front portion of the head to be placed on ground.
2. Head, back, hips and legs in straight line.
3. Toes pointing upward in alignment to center of body.
4. Upper arms upto elbows parallel to each other.



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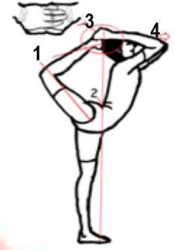
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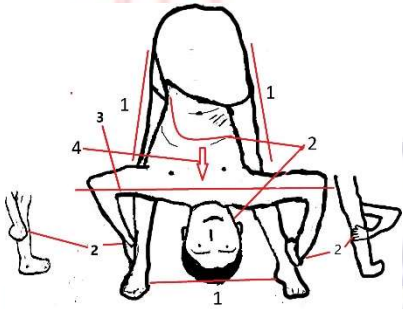
SENIOR GROUP-B (21-25 YEARS, MEN & WOMEN)

1. NATRAJASANA
2. PARIVRTTA PRASARITA PADOTTANASANA
3. SETU BANDHA CHAKRASANA
4. UTTHTA PASCHMITTONASAN
5. HANUMANA ASANA
6. KURMASANA
7. KOUNDINYASANA
8. EKA PADA SETU BANDHA SARVANGASANA
9. PADANGUSHTH DHANURASANA
10. PADMA SIRSHASANA



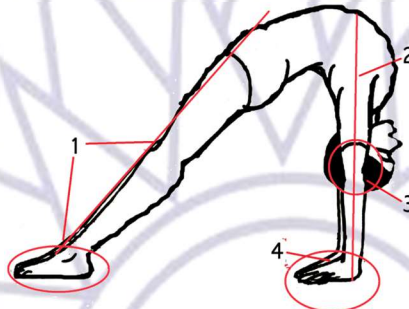
NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width.
4. Face straight.



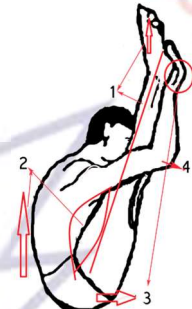
PARIVRTTA PRASARITA PADOTTANASANA

1. Both legs and knees stretched with feet placed with a gap of approx. 1.5 times of shoulder's width.
2. After twisting the trunk, both calves near ankles to be gripped by hands with thumb and fingers together, head in the middle of the legs.
3. Both elbows & shoulders to be in straight line.
4. Back maximum straight & stretched downward.



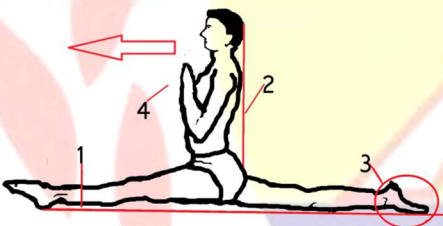
SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms touching ears.
4. Fingers together.



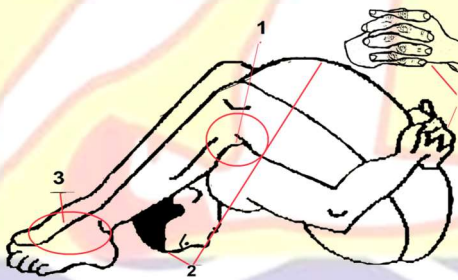
UTTHTA PASCHIMOTTANASANA

1. Both Legs straight with toes pointing upward.
2. Back maximum stretched with abdomen, chest, shoulders and forehead touching the legs.
3. Palms holding the heels with balance on buttocks.
4. Biceps touching shin (side calves).



HANUMANA ASANA

1. Both legs stretched straight, touching ground, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground.
4. Hands joined in front of chest, face forward.



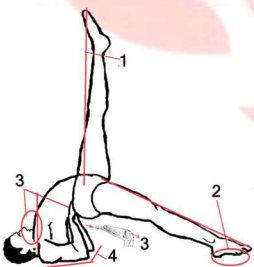
KURMASANA

1. Head and arms to be inserted in between legs with shoulders under the knees.
2. Forehead to touch the ground (closest to buttocks) with maximum arch of the back.(cranium not to be touched with heel)
3. Feet joined with soles on the ground in front of the head.
4. Fingers to be interlocked on the back near buttocks.



KOUNDINYASANA

1. Both legs maximum stretched & straight and parallel to ground.
2. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
3. Upper arms to be parallel to the ground.
4. Back maximum stretched & face in front.



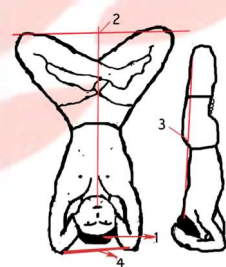
EKA PADA SETU BANDHA SARVANGASANA

1. After assuming Sarvangasana upper leg to be straightened with toe pointing upward.
2. Second leg straight with sole touching the ground.
3. Trunk maximum straight with chin locked & palms on the back with thumb & fingers together.
4. Elbows up to shoulders parallel to each other.



PADANGUSHTH DHANURASANA

1. Big toes together gripped with index & middle finger, other fingers folded inside.
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears.
4. Head in between both arms touching ears, face in front.



PADMA SIRSHASANA

1. Padmasana to be assumed after going into position of Sirshasana & crossing of legs in center with knees aligned.
2. Front portion of the head should be placed on the ground.
3. Crossing of legs, hips, back & head in straight line.
4. Elbows up to shoulder parallel to each other.



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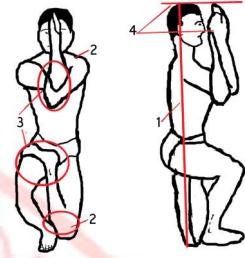
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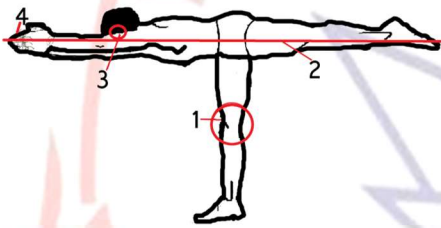
SENIOR GROUP-C (25-30 YEARS, MEN)

1. VATAYANASANA
2. VIRBHADRASANA
3. HANUMANAASANA
4. ARDH BADH PADMA PASCHIMOTTANASANA
5. BADDHA PADMASANA
6. PADMA MAYURASANA
7. ARDHA MATSYENDRASANA
8. SETU BANDH SARVANGASANA
9. EKA PADA CHAKRASANA
10. PADMA SIRSHASANA



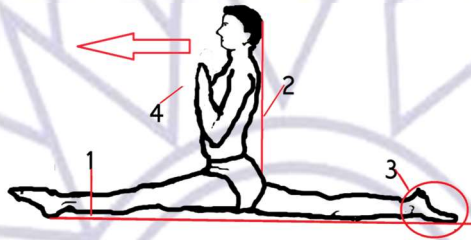
VATAYANASANA

1. Grounded knee, hips, back up to head to be in a straight line.
2. Grounded knee to touch the heel of the other foot, shoulders maximum straight.
3. If right arm is above left arm, left foot on the right thigh.
4. Hands together in front of nose & fingers at level of forehead.



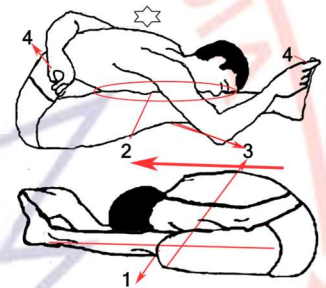
VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and lifted leg in straight line, parallel to the ground with toestretched.
3. Head in between both arms, biceps touching ears.
4. Hands joined together without locking thumbs.



HANUMANA ASANA

1. Both legs stretched straight, touching ground, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground.
4. Hands joined in front of chest, face forward.



ARDHA BADHA PADMA PASCHIMOTTANASANA

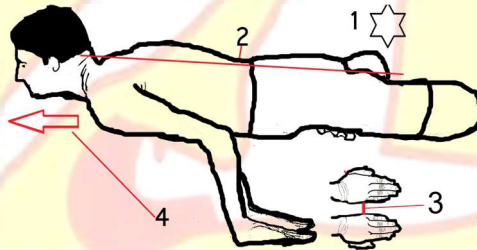
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.



BADDHA PADMASANA

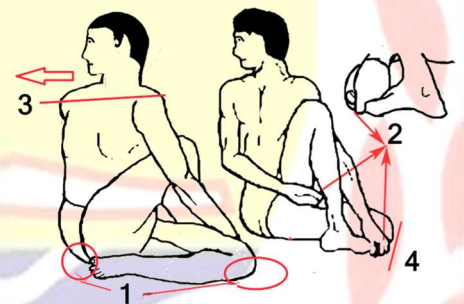
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



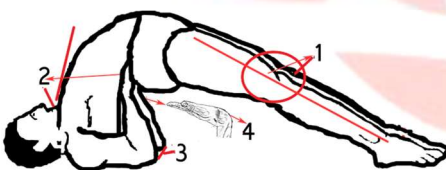
PADMA MAYURASANA

1. Padmasana to be assumed after assuming Mayurasana.
2. Crossing of legs, hips, back & neck in straight line.
3. Palms on ground with maximum gap of approx 4" to each other & fingers together.
4. Face forward.



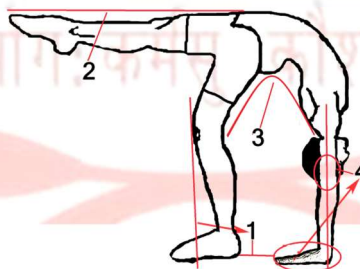
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



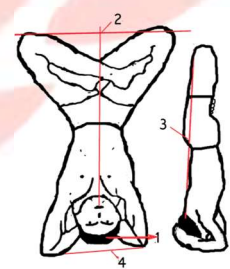
SETU BANDH SARVANGASANA

1. After assuming Sarvangasana legs must be stretched and straightened with soles touching the ground.
2. Trunk maximum straight with chin locked.
3. Shoulders up to elbows parallel to each other.
4. Palms on the back with thumb & fingers together.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward.
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



PADMA SIRSHASANA

1. Padmasana to be assumed after going into position of Sirshasana & crossing of legs in center with knees aligned.
2. Front portion of the head should be placed on the ground.
3. Crossing of legs, hips, back & head in straight line.
4. Elbows up to shoulder parallel to each other.



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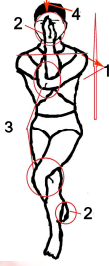
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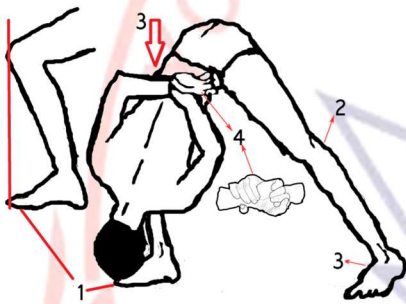
SENIOR GROUP-C (25-30 YEARS, WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASANA
3. USHTRASANA
4. VIBHAKTA PASCHIMOTTANASANA
5. BADDHA PADMASANA
6. MARICHYASANA
7. ARDHA MATSYENDRASANA
8. PADMA SARVANGASANA
9. EKA PADA PURNA DHANURASANA
10. EKA PADA CHAKRASANA



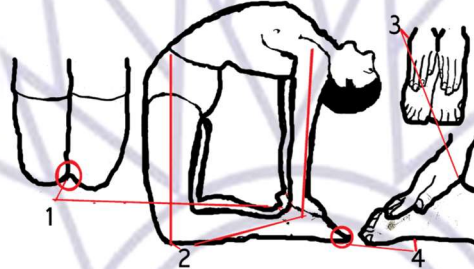
GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



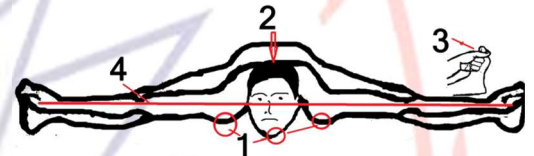
SIRSHA PADANGUSTHASANA

1. Forehead touching the big toe with knee aligned with big toe.
2. Other leg straight with weight equally distributed on both legs.
3. Back maximum straight with soles completely touching the ground.
4. Wrist of the hand on the side of folded leg to be gripped by the other hand on back, fingers folded to make a fist.



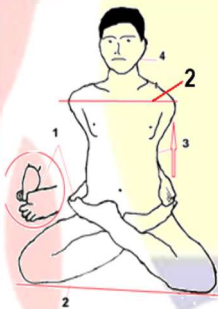
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms Perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Indexfinger, other fingers folded inside.
4. Arms in straight line.



BADDHA PADMASANA

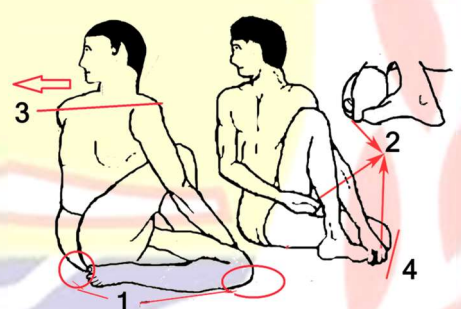
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



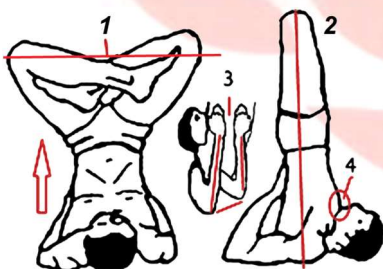
MARICHYASANA

1. One leg bent and foot nearer the thigh with leg perpendicular to the ground & second leg stretched straight with knee pit touching the ground.
2. Both buttocks on ground. Wrapping the folded knee with the same hand & Gripping of wrist of other hand with fingers folded to make a fist on the back.
3. Chin on knee, making arch of chest & abdomen.
4. Toe of the straight leg stretched forward.



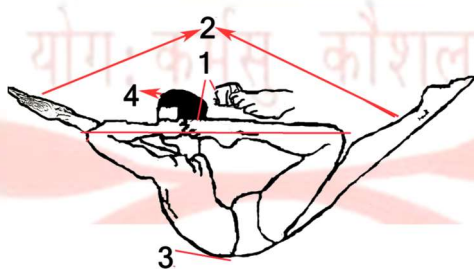
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



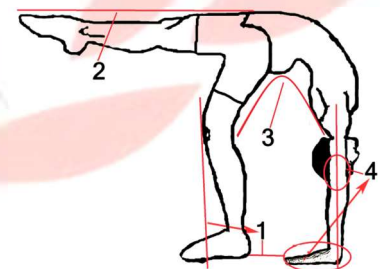
PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



EKA PADA PURNA DHANURASANA

1. Big toe gripped with index & middle finger with fist closed, stretched up to ear, knee & elbow in one line, parallel to ground.
2. Other leg and arm stretched in alignment to each other.
3. Balance on naval.
4. Face straight.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



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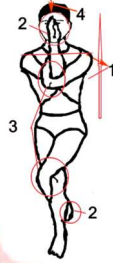
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E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINE FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

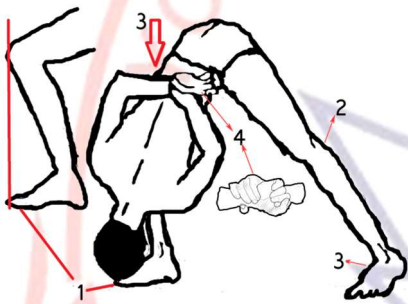
SENIOR GROUP-D (30-35 YEARS, MEN & WOMEN)

1. GARUDASANA
2. SIRSHA PADANGUSTHASANA
3. USHTRASANA
4. ARDHA BADDHA PADMA PASCHIMOTTANASANA
5. BADDHA PADMASANA
6. KURMASANA
7. ARDHA MATSYENDRASANA
8. HALASANA
9. EK PADA PURNA DHANURASANA
10. SETU BANDHA CHAKRASANA



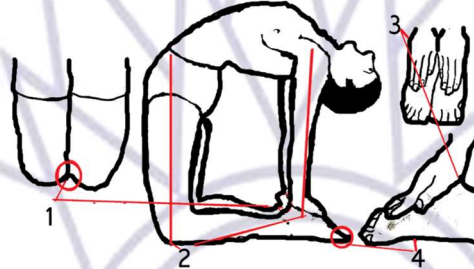
GARUDASANA

1. Back, neck and head to be straight with shoulders maximum straight.
2. Ankle completely touching calf & hands joined together in front of nose.
3. If right arm is above left arm, left thigh on the right thigh.
4. Fingers at level of forehead.



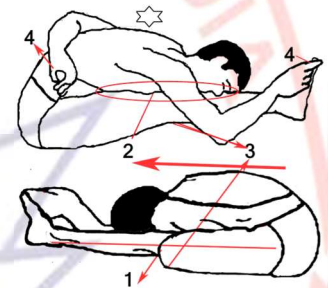
SIRSHA PADANGUSTHASAN

1. Forehead touching the big toe with knee aligned with big toe.
2. Other leg straight with weight equally distributed on both legs.
3. Back maximum straight with soles completely touching the ground.
4. Wrist of the hand on the side of folded leg to be gripped by the other hand on back, fingers folded to make a fist.



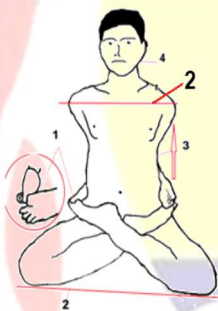
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



ARDHA BADDHA PADMA PASCHIMOTTANASANA

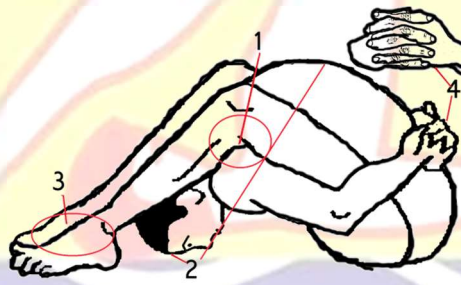
1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned.
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching leg.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb & index finger, other fingers folded inside.



BADDHA PADMASANA

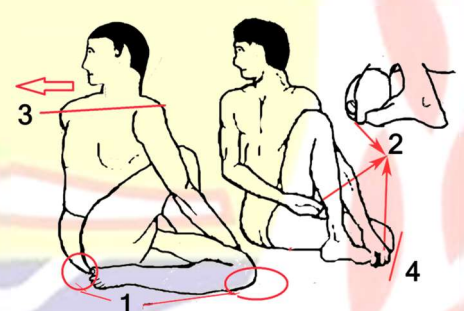
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line.
3. Back, neck and head straight.
4. Face forward.



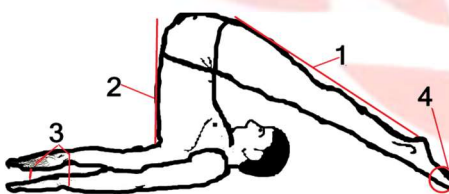
KURMASANA

1. Head and arms to be inserted in between legs with shoulders under the knees.
2. Forehead to touch the ground (closest to buttocks) with maximum arch of the back. (Cranium not to be touched with heel)
3. Feet joined with soles on the ground in front of the head.
4. Fingers to be interlocked on the back near buttocks.



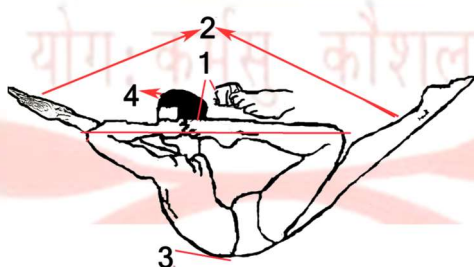
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



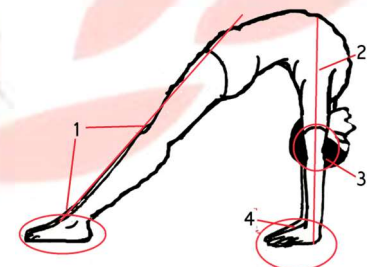
HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders with palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.



EKA PADA PURNA DHANURASANA

1. Big toe gripped with index & middle finger with fist closed, stretched up to ear, knee & elbow in one line, parallel to ground.
2. Other leg and arm stretched in alignment to each other.
3. Balance on naval.
4. Face straight.



SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms touching ears.
4. Fingers together.



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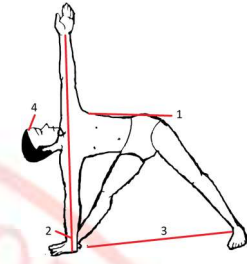
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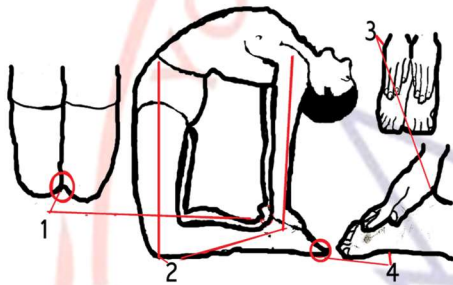
SENIOR GROUP-E (35-45 YEARS, MEN & WOMEN)

1. TRIKONASANA
2. USHTRASANA
3. VIBHAKTA PASCHIMOTTANASANA
4. UTTHITA PADMASANA
5. AKARNA DHANURASANA
6. PADMA SARVANGASANA
7. ARDHA MATSYENDRASANA
8. MATSYASANA
9. DHANURASANA
10. EK PADA CHAKRASANA



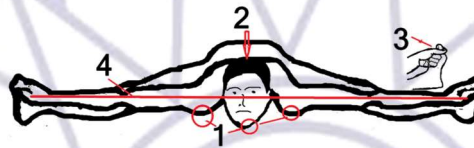
TRIKONASANA

1. Waistline to be parallel to the ground.
2. Position of palm adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



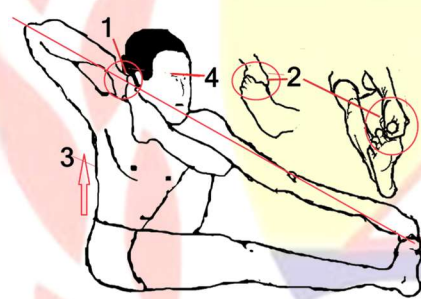
VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Indexfinger, other fingers folded inside.
4. Arms in straight line.



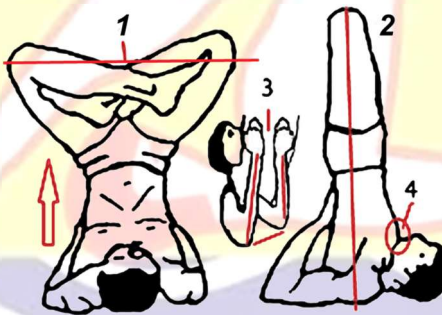
UTTHITA PADMASANA

1. After assuming Padmasana body to be lifted upward with knees & thighs placed parallel to the ground.
2. Back, neck and head straight.
3. Both palms placed parallel to each other on the ground with thumb & fingers together, arms straight upto shoulders.
4. Shoulder blades relaxed & face in front.



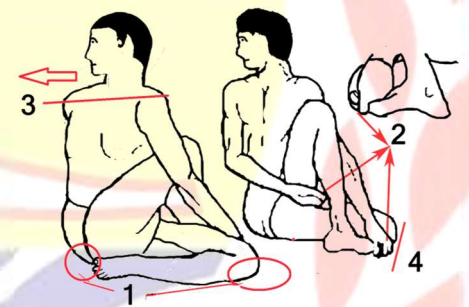
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



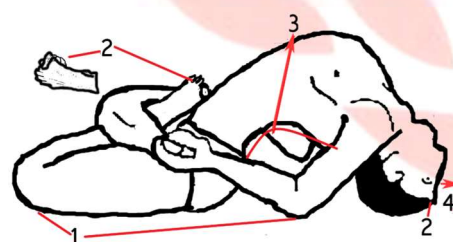
PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



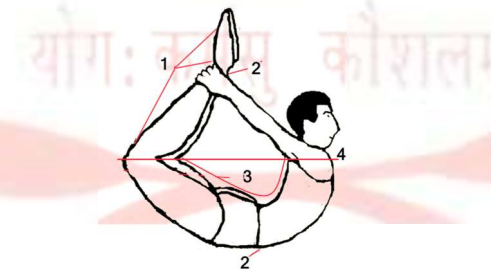
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



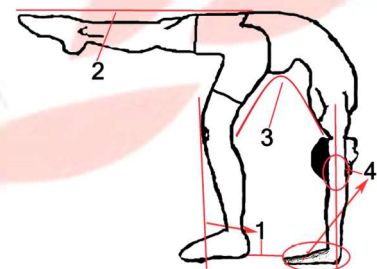
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



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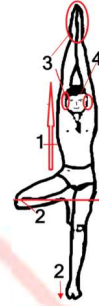
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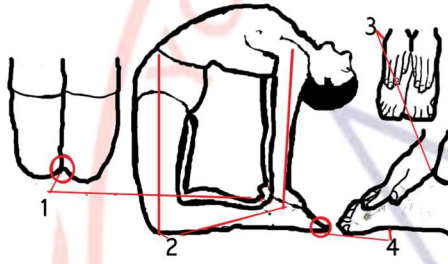
SENIOR GROUP- F (ABOVE 45 YEARS, MEN & WOMEN)

1. **VIKSHASANA**
2. **USHTRASANA**
3. **PASCHIMOTTANASANA**
4. **UTTHITA PADMASANA**
5. **AKARNA DHANURASANA**
6. **ARDHA MATSYENDRASANA**
7. **HALASANA**
8. **MATSYASANA**
9. **DHANURASANA**
10. **CHAKRASANA**



VIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.



USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



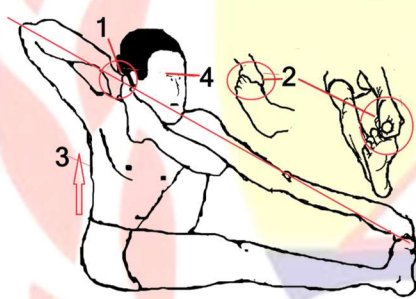
PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



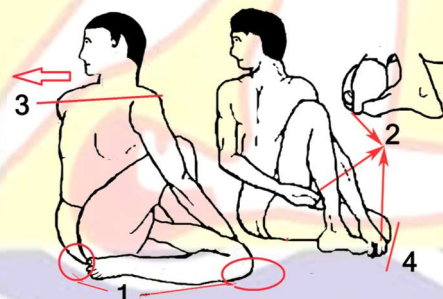
UTTHITA PADMASANA

1. After assuming Padmasana body to be lifted upward with knees & thighs placed parallel to the ground.
2. Back, neck and head straight.
3. Both palms placed parallel to each other on the ground with thumb & fingers together, arms straight upto shoulders.
4. Shoulder blades relaxed & face in front.



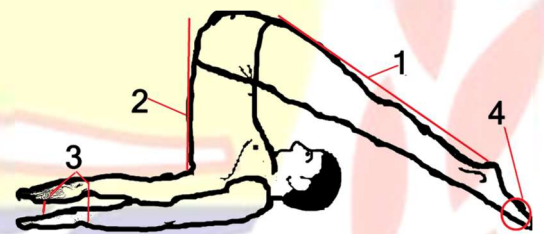
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



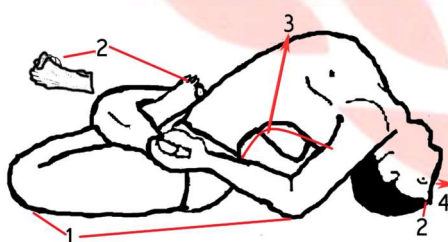
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



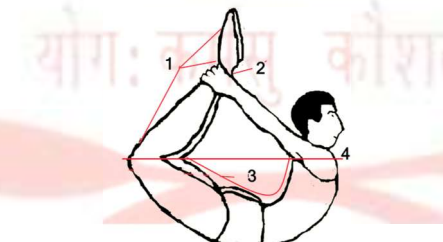
HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders width palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.



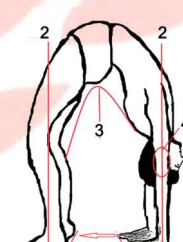
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other.
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.



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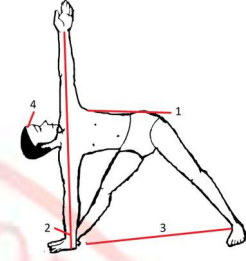
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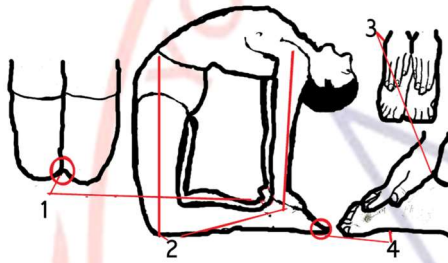
PROFESSIONAL YOGASANA (21-30 YEARS, MEN & WOMEN)

1. TRIKONASANA
2. USHTRASANA
3. VIBHAKTA PASCHIMOTTANASANA
4. BADDHA PADMASANA
5. AKARNA DHANURASANA
6. PADMA SARVANGASANA
7. ARDHA MATSYENDRASANA
8. MATSYASANA
9. DHANURASANA
10. EK PADA CHAKRASANA



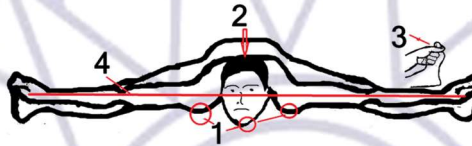
TRIKONASANA

1. Waistline to be parallel to the ground.
2. Position of palm adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



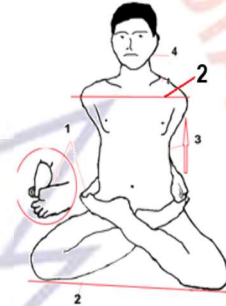
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



VIBHAKTA PASCHIMOTTHANASANA

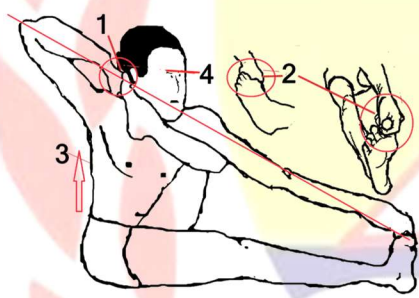
1. Abdomen, chest, shoulders and chin touching the ground.
2. Back maximum straight.
3. Knee pits on the ground with toes pointing upward, gripped with thumb and Index finger, other fingers folded inside.
4. Arms in straight line.



BADDHA PADMASANA

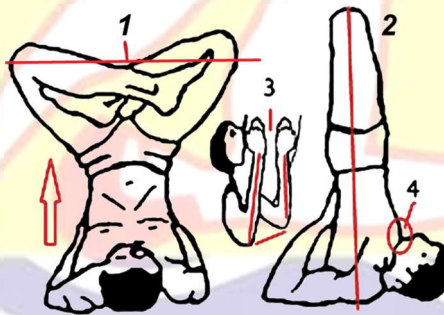
Note: - If only one toe gripped then marks to be given out of 5

1. Both big toes gripped with thumb and Index finger, from back side, other fingers folded inside.
2. Both knees on ground, aligned to each other, shoulders in same line
3. Back, neck and head straight.
4. Face forward.



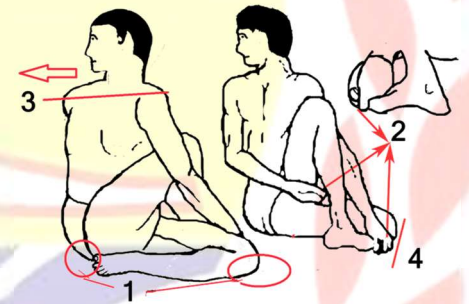
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



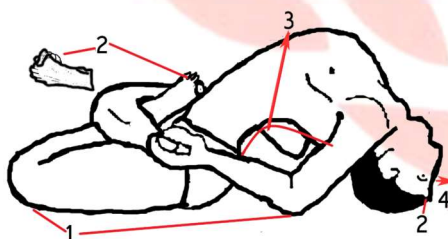
PADMA SARVANGASANA

1. Padmasana to be assumed after going into position of Sarvangasana, crossing of legs in center with knees aligned.
2. Knees, hips, back & shoulders in straight line.
3. Palms placed on back parallel to each other, elbows in straight line to shoulders.
4. Chin to be locked.



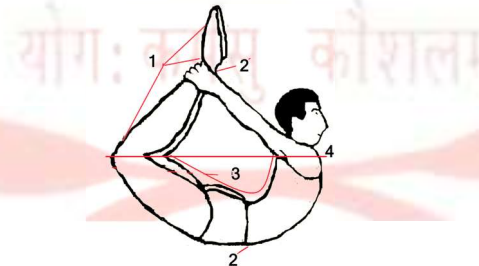
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



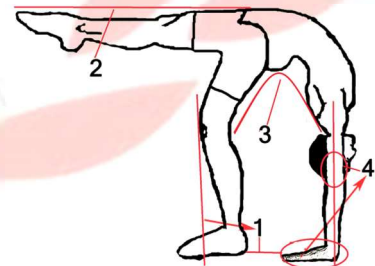
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



EKA PADA CHAKRASANA

1. The leg on the ground & arms perpendicular to the ground & in aligned to the arm on that side.
2. Raised leg straight & parallel to ground, toe to be stretched forward
3. Thighs, hips & back making maximum arch.
4. Palms on ground with fingers together. Neck placed in between arms touching ears.



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.02.90)

AFFILIATED TO ASIAN YOGA FEDERATION & INTERNATIONAL YOGA SPORTS FEDERATION

RECOGNITION OF : INDIAN OLYMPIC ASSOCIATION - OCTOBER, 1998 TO FEBRUARY, 2011

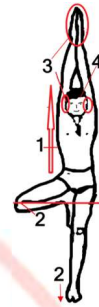
REGD. OFFICE : Flat No. 501, GHS-93, SECTOR-20, PANCHKULA -134 116 (HARYANA) - INDIA

E-mail:- yfiashok2000@yahoo.co.in, Mobile No. +91-94174-14741, Website:- www.yogafederationofindia.com

SYLLABUS AND GUIDELINE FOR NATIONAL/ZONAL/STATE/DISTRICT YOGASANA COMPETITION

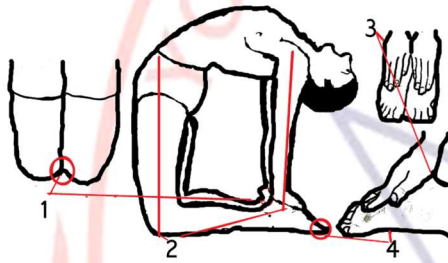
PROFESSIONAL YOGASANA (ABOVE 30 YEARS, MEN & WOMEN)

1. VRIKSHASANA
2. USHTRASANA
3. PASCHIMOTTANASANA
4. UTTHITA PADMASANA
5. AKARNA DHANURASANA
6. ARDHA MATSYENDRASANA
7. HALASANA
8. MATSYASANA
9. DHANURASANA
10. CHAKRASANA



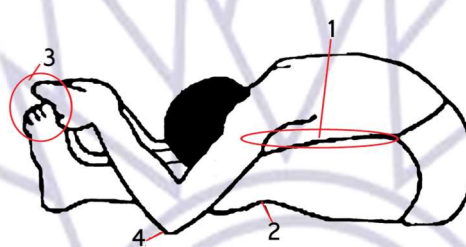
VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg, lower leg straight & toe pointing forward.
3. Hands joined above shoulders without thumb gripping & upper arms touching the ear.
4. Gaze in front.



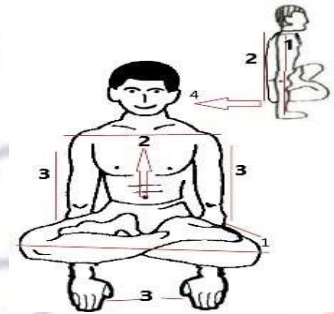
USHTRASANA

1. Knees, heels and toes together.
2. Thighs and arms perpendicular to the ground, parallel to each other.
3. Palms placed on the heels.
4. Ankles touching the ground.



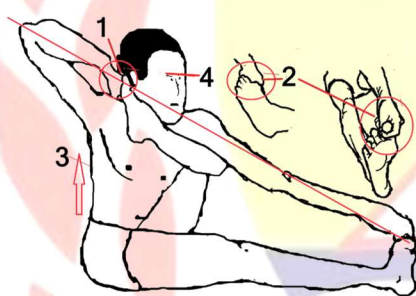
PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest & forehead touching legs.
2. Both legs straight with knee pits on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs.



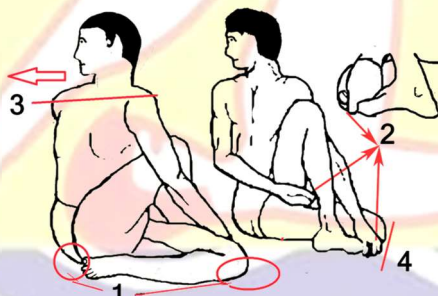
UTTHITA PADMASANA

1. After assuming Padmasana body to be lifted upward with knees & thighs placed parallel to the ground.
2. Back, neck and head straight.
3. Both palms placed parallel to each other on the ground with thumb & fingers together, arms straight upto shoulders.
4. Shoulder blades relaxed & face in front.



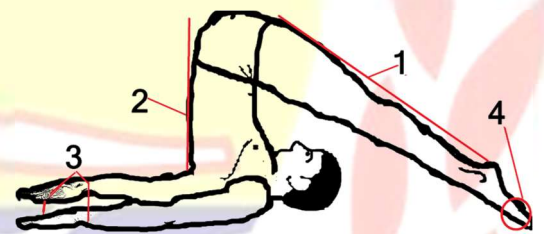
AKARNA DHANURASANA

1. Folded leg to be stretched upward, up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of toe with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



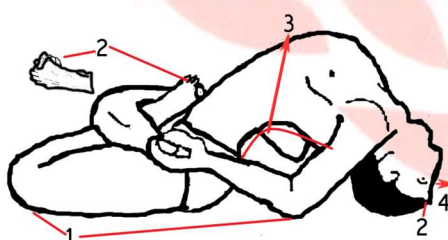
ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee on ground.



HALASANA

1. Legs stretched & straight.
2. Back to be straight.
3. Arms parallel to each other up to shoulders width palms on ground with fingers & thumb together.
4. Toes together stretched, pointing outside.



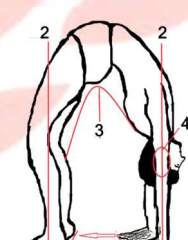
MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside, cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back.



DHANURASANA

1. Toes, heels and knees together.
2. Gripping from ankles with thumb inner side & fingers outside. Naval on the ground.
3. Thighs, buttocks and lower back making maximum arch with head straight.
4. Shoulders to be aligned with knees.



CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with upper arms touching ears.