

Yoga Chart for Competition

The Common Group Yoga Chart consists of 9 Yoga asanas. Each Individual has to perform 5 Asanas which includes 3 from the Chart Given Below and Best 2 Asana of their own. The Best three performers will be chosen by the Judges and the judge's decision will be Final.



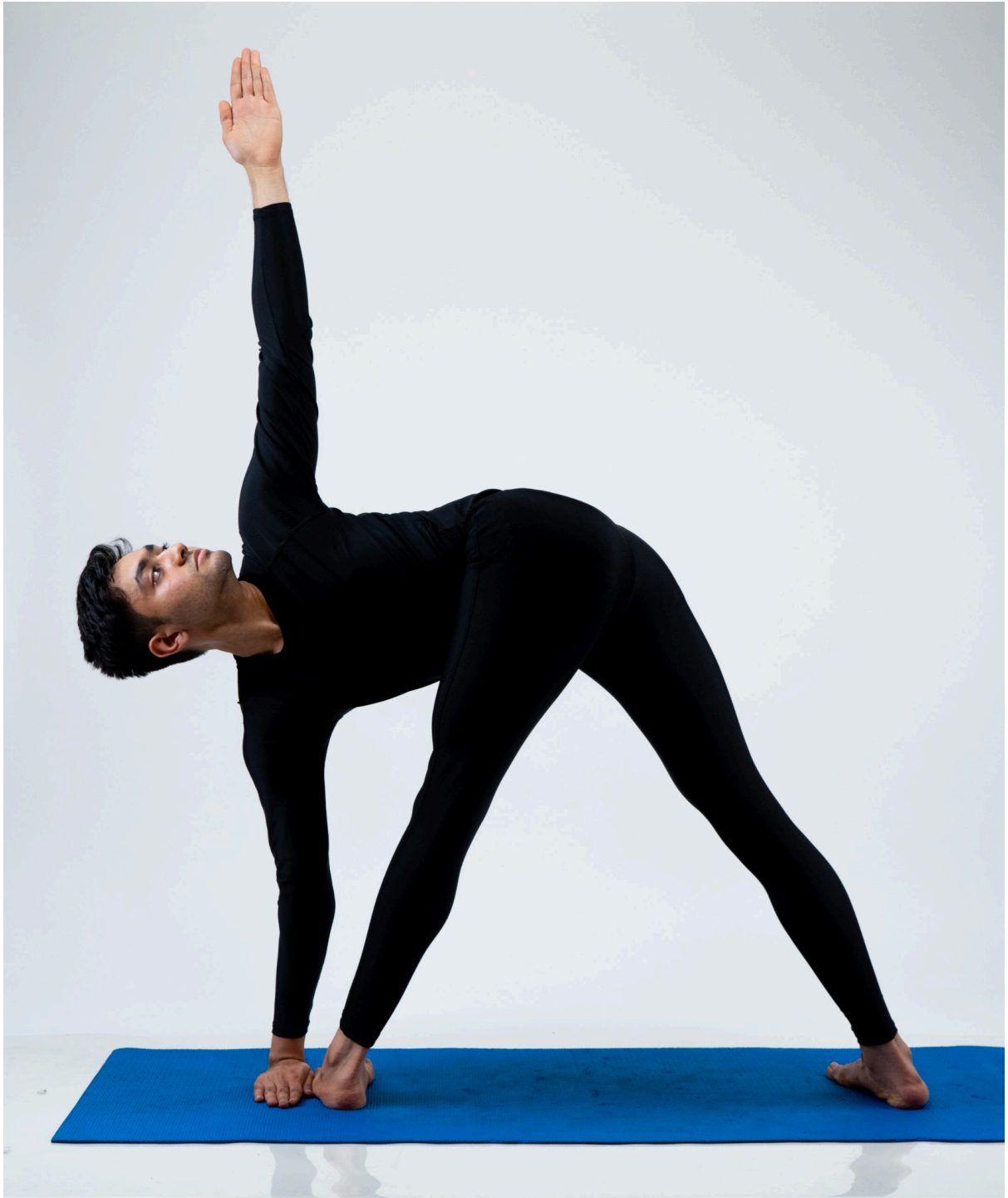
DHANURASANA



BHUJANGASANA



AKARNA DHANURASANA



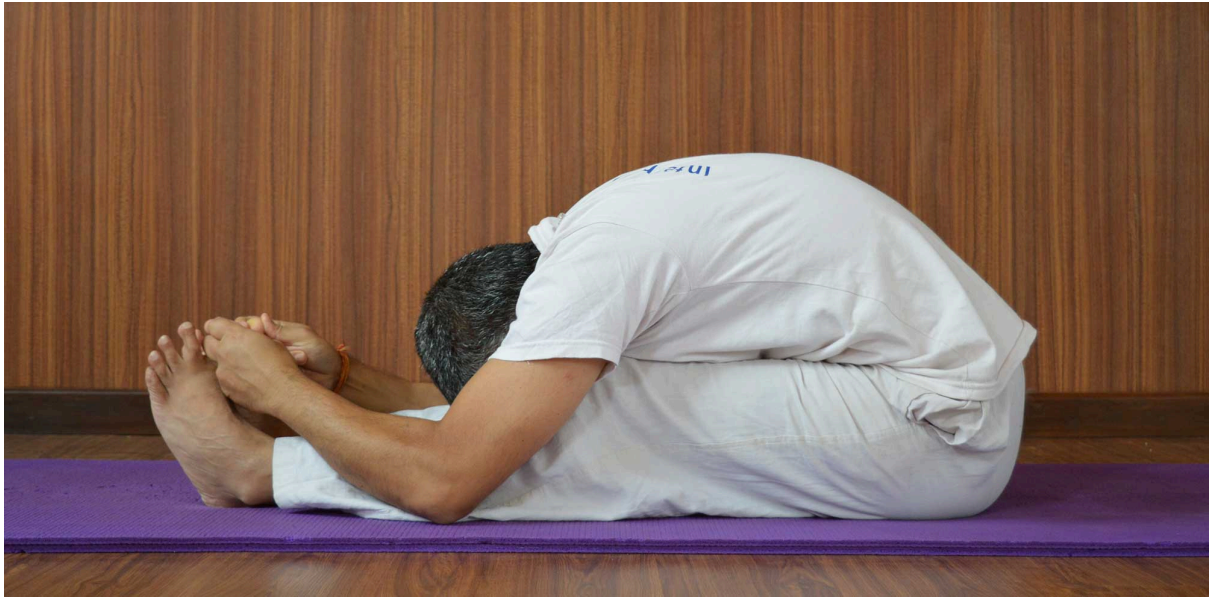
PARIVRTTA TRIKONASANA



CHAKRASANA



HALASANA



PASCHIMOTTANASANA



KAPOTASANA



USHTRASANA