

L] TRADITIONAL YOGSANA EVENT

1. Compulsory asanas and Optional asanas in different age groups are as under:

Sr. No.	Ag Group	Preliminary Round		Semi Final Round		Final Round	
		Compulsory Asana	Optional Asana	Compulsory Asana	Optional Asana	Compulsory Asana	Optional Asana
1	Sub Junior	5	2	5	2	4	3
2	Junior	5	2	5	2	4	3
3	Senior	5	2	5	2	4	3
4	Masters	5	2	5	2	4	3
5	Veterans	5	2	5	2	4	3

2. Holding time as per different age groups and rounds are as under:

Sr. No.	Age Group	Compulsory Asana Holding Time			In each round
		Quarter Final	Semi Final	Final	Optional Asanas
1	Sub Junior	45 Seconds	30 Seconds	30 Seconds	15 seconds
2	Junior	45 Seconds	30 Seconds	30 Seconds	15 seconds
3	Senior	45 Seconds	30 Seconds	30 Seconds	15 seconds
4	Masters	45 Seconds	30 Seconds	30 Seconds	15 seconds
5	Veterans	45 Seconds	30 Seconds	30 Seconds	15 seconds

3. Athlete has to submit Order of Performance sheet before the competition.
4. If athlete changes sequence of asana as provided on the spot on the stage while performing, will lead to penalty of marks by Evaluator. Weather change of sequence of Compulsory or Optional asana will lead to penalty of marks. For such one change in the performance will lead to 2 marks penalty. Second such change will lead to 4 marks penalty. Third such change will lead to 6 marks penalty. More than that will lead to disqualification.
5. Evaluator will also give penalty of marks for not covering category of asanas. 5 marks penalty for not covering one category of asana. 10 Marks penalty for not covering 2 categories of asanas. 15 marks penalty for not covering 3 categories of asanas. Athlete will be disqualified for not covering more than 4 categories of asanas.
6. Zero marks will be awarded to the particular asana if asana performed is other than asana in Order of Performance sheet.
7. The pictures of Compulsory asana chart is available at **Annexure 2**.

8. Rules for selecting optional asanas is as under:

Sr. No.	Age Group	Rules for selecting Optional Asanas		
		Quarter Final	Semi Round	Final Round
1	Sub Junior, Junior & Senior	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B & C should be performed. If D & E group asana performed, then that asana will be invalid and will lead to zero marks. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks. 4. One 12 count surya Namaskar to be performed 	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B, C & D should be performed. If E group asana performed, then that asana will be invalid and will lead to zero marks. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks. 4. Optional asana of Quarter Final round should not be performed. If performed, then, that asana will be invalid and will lead to zero marks. 	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B, C, D & E can be performed. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks. 4. Optional asana of Quarter Final & Semi Final round should not be performed. If performed, then that asana will be invalid and will lead to zero marks.
2	Masters & Veterans	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B & C should be performed. If D & E group asana performed, then that asana will be invalid and will lead to zero marks. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks 4. One 12 count Surya Namaskar to be performed. 	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B & C should be performed. If, D & E group asana performed, then that asana will be invalid and will lead to zero marks. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks. 4. Optional asana of Quarter Final round should not be performed. If performed, then, that asana will be invalid and will lead to zero marks. 	<ol style="list-style-type: none"> 1. Compulsory asanas of any round should not be performed as optional asanas. If performed, then that asana will be invalid and leads to zero marks. 2. Optional Asanas from Group A,B & C should be performed. If D & E group asana performed, then that asana will be invalid and will lead to zero marks. 3. Major Categories of asanas should not be repeated. If performed, then, that asana will be invalid and will lead to zero marks. Optional asana of Semi Final round should not be performed. If performed, then that asana will be invalid and will lead to zero marks.

9. D Judge will provide marks to the asana out of 8 marks as per micro marking system.

10. (8 marks for each asana + T Judges Marks) * Base Value = Score of asana.

11. Sample- Athlete Order of Performance sheet:

Yogasana Sequence	Code	Base Value
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Compulsory Asana		1.00
Optional Asana	HBB-D5	0.9
Optional Asana	TBF-E1	1.00

12. Sample Score Sheet of D Judge:

Code	Base Value	Execution Value (Out of 8 Marks)		Time in Seconds	Time (2 Marks)	Score
		Perfection of Posture (6 Marks)	Stability/Tremblingness, Grace & Presentation (2 marks)			
C1	1.00	5.5	1.75	60	2	9.25
C2	1.00	5.25	1	60	2	8.25
C3	1.00	4.75	1.25	60	2	8
C4	1.00	5	0.75	60	2	7.75
C5	1.00	5.5	1.5	60	2	9
HBB-D5	0.9	5.5	1.5	60	2	8.1
TBF-E1	1.00	5	1.5	60	2	8.5
TOTAL						58.85

13. D Judge Score: Highest and lowest marks will be eliminated and average of remaining 3 judges will be calculated.

14. Final Score = D Judge Score – Evaluator

15. Costume:

- 1) The costume that the players use must be of a non-transparent material.
- 2) The neckline of the costume should be around the neck and should not have any cuts.
- 3) Costume may be according to the decorous.
- 4) The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
- 5) It is allowed to wear long tights over or under the leotards or full length one-piece dresses. Costume can be half sleeves or sleeveless for Male & Female.
- 6) The hair style must be neat and clean.
- 7) The make-up used should not hide the identity of the player.

TRADITIONAL YOGASANA EVENT

Sub Junior (10+to 14 years), Junior (14+ to 18 years), Senior (18+ above years),
Masters (36+ to 45 years) & Veterans (45+ to 55 years)

Male & Female

Quarter Final Round

Compulsory Asana Chart

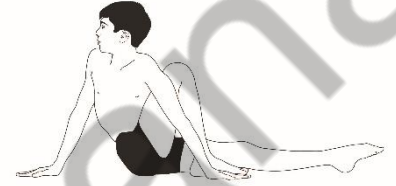
Uttanasana-II



Ushtrasana



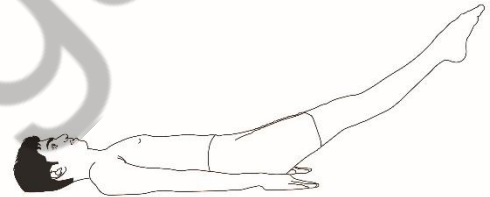
Vakrasana



Vrishasana



Uttanpadasana



Quarter Final Round (First Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in first round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C category of optional asanas can be performed in first round. (Please refer to the weightage of marks for each level of Yogasana (A to C). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same variety will result in getting 0 marks for second asanas.
4. Holding time of compulsory asana is 45 seconds.
5. Holding time of optional asana is 15 seconds.
6. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Sub Junior (10+to 14 years)

Boys & Girls

Semi Final Round

Compulsory Asana Chart

Halasana



Purna Bhujangasana



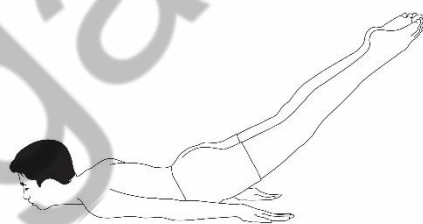
Parivrutta Janushirasana



Garudasana



Shalabhasana



Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Sub Junior (10+to 14 years)

Boys & Girls

Final Round

Compulsory Asana Chart

Eka Pada Skandhasana



Purna Chakrasana



Kukkutasana



Veerbhadrasana III



Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Junior (14+ to 18 years)

Boys & Girls

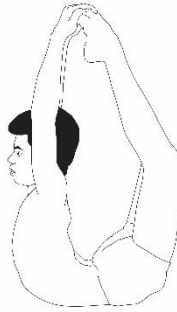
Semi Final Round

Compulsory Asana Chart

Salamb Sarvangasana



Purna Dhanurasana



Ardha Matsyendrasana IV



Vataynasana



Bakasana



Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Junior (14+ to 18 years)

Boys & Girls

Final Round

Compulsory Asana Chart

Kurmasana



Purna Shalabhasana



Garphapindasana



Baddha Parivrutta Parsva Konasana



Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Senior (18+ Above years)

Male & Female

Semi Final Round

Compulsory Asana Chart

Upavishtakonasana



Matsyasana



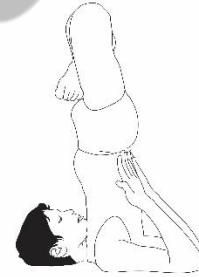
Parivritta Parshva Konasana



Ardha Baddha Padmottanasana



Padma Sarvangasana



Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Senior (18+ Above years)

Male & Female

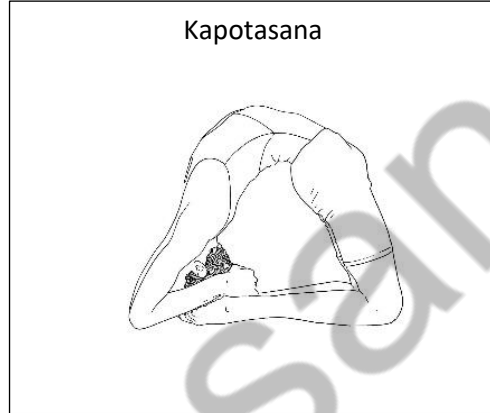
Final Round

Compulsory Asana Chart

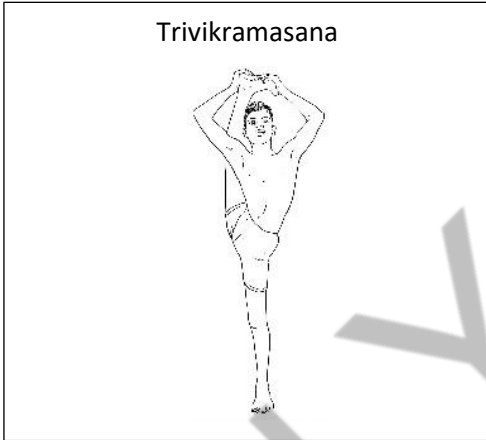
Karnapindasana



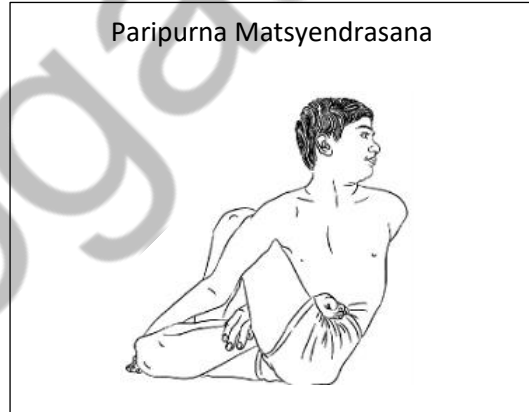
Kapotasana



Trivikramasana



Paripurna Matsyendrasana



Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Masters (36+ to 45 years)

Male & Female

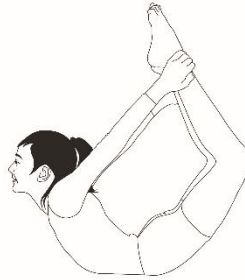
Semi Final Round

Compulsory Asana Chart

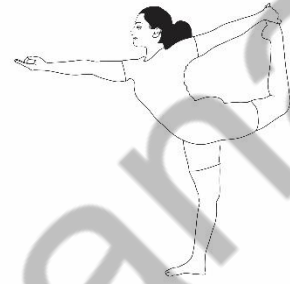
Paschimottanasana



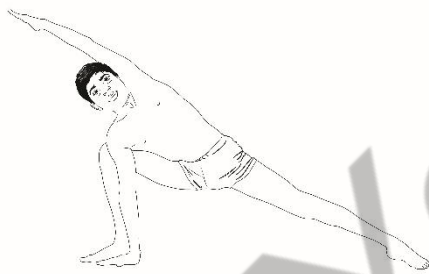
Dhanurasana



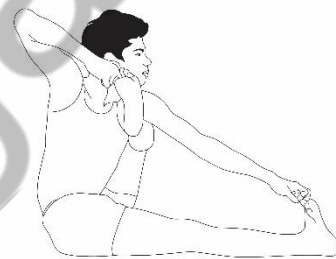
Saral Natrajasana



Utthita Parshvakonasana



Akarna Dhanurasana



Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Masters (36+ to 45 years)

Male & Female

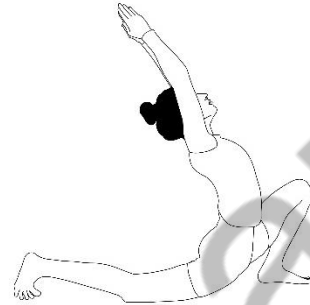
Final Round

Compulsory Asana Chart

Hanumanasana



Ardha Chandrasana



Baddha Padmasana



Parivritta Trikonasana



Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

TRADITIONAL YOGASANA EVENT

Veterans (45+ to 55 years)

Male & Female

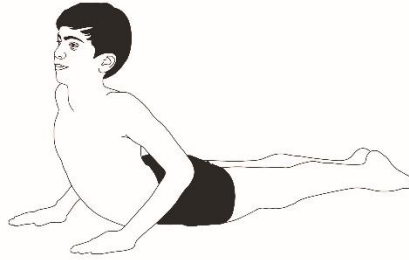
Semi Final Round

Compulsory Asana Chart

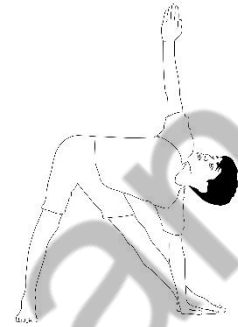
Janushirasana



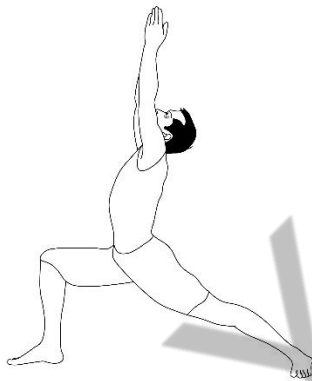
Bhujangasana



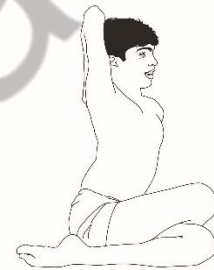
Trikonasana



Virabhadrasana I



Gomukhasana



Semi Final Round (Second Round)

1. Athlete has to perform 5 compulsory yogasanas and 2 optional yogasanas in second round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 2 optional asanas from different categories. Only A/B/C/D category of optional asanas can be performed in second round. (Please refer to the weightage of marks for each level of Yogasana (A to D). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the first round cannot be repeated in second round.
5. Holding time of compulsory asana is 45 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

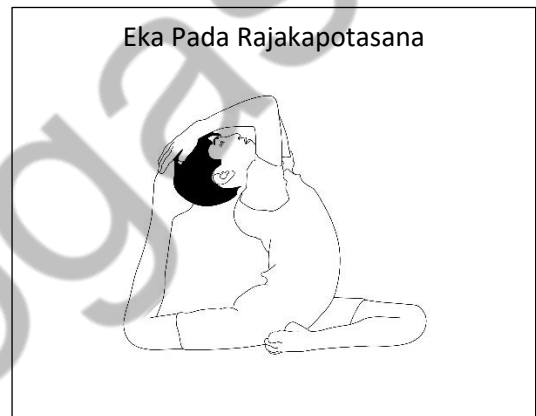
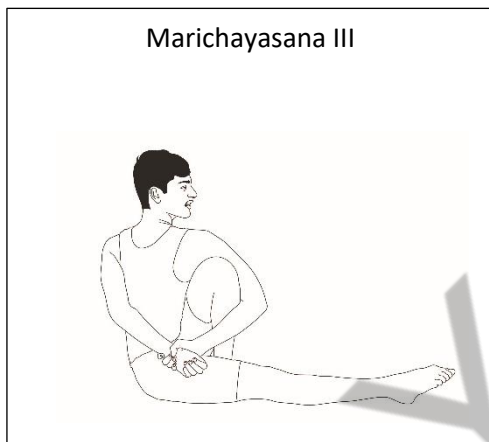
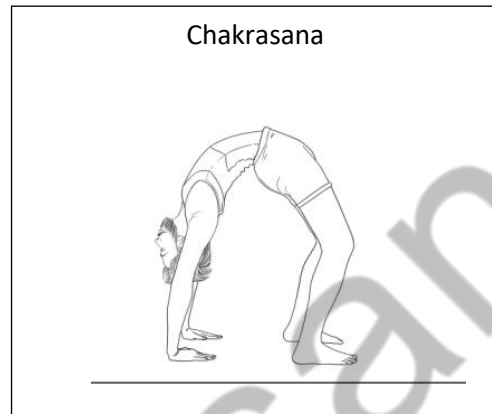
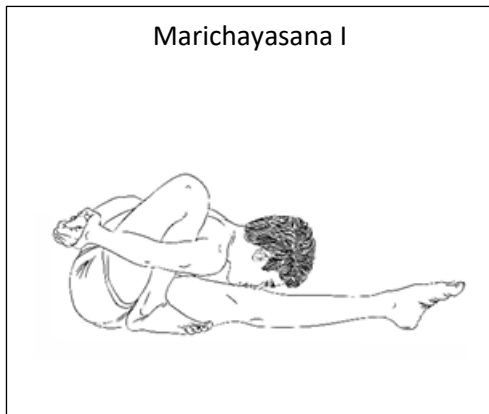
TRADITIONAL YOGASANA EVENT

Veterans (45+ to 55 years)

Male & Female

Final Round

Compulsory Asana Chart



Final Round

1. Athlete has to perform 4 compulsory yogasanas and 3 optional yogasanas in final round.
2. There are each 2 charts of 5 different categories. That is Forward Bend/ Backward Bend/ Twisting/ Hand Balance/ Leg Balance.
3. Athlete shall select these 3 optional asanas from different categories. Only A/B/C/D/E category of optional asanas can be performed in final round. (Please refer to the weightage of marks for each level of Yogasana (A to E). Compulsory asanas to be avoided as optional asanas. Repetition of any asana or selecting asana of same category will result in getting 0 marks for second asanas.
4. Optional asanas performed in the Quarter Final & Semi Final round cannot be repeated in Final round.
5. Holding time of compulsory asana is 30 seconds.
6. Holding time of optional asana is 15 seconds.
7. Always start and end the performance with Namaste Mudra.

Optional Yogasana Charts

▪ **FB-1** ▪

Forward Bend Standings (FBS)

	FBS-A Mark - 0.6	FBS-B Mark - 0.7	FBS-C Mark - 0.8	FBS-D Mark - 0.9	FBS-E Mark - 1.0
1	 Uttanasana - II	 Padapasha-Parshvottanasana	 Adhomukh Tittibhasana	 Kardalikasana - I	 Urdhvamukha Tittibhasana
2	 Raivatakasana	 Prasarit-pash padottanasana	 Skandha-Pada-Adhomukh-Shwanasana	 Kardalikasana - II	 Sheersha-Kurmasana
3	 Parshvottanasana	 Put-Pada-Shwanasana	 Paripurna-Tittibhasana	 Panavasana	 Adhomukh-Skandhapadasana
4	 Prasarit Padottanasana-1	 Prapada-Uttana-Prushthasana	 Suptakonasana	 Ardha Baddha Padmottanasana	 Utthit-Padamula Tittibhasana
5	 Prasarit Padottanasana-2	 Padahastottanasana	 Samatvasana	 Skandha-Pada-Dandasana	 Shatapadyasana

Optional Yogasana Charts

▪ **FB-2** ▪

Forward Bend Floor (FBF)

	FBF-A Mark - 0.6	FBF-B Mark - 0.7	FBF-C Mark - 0.8	FBF-D Mark - 0.9	FBF-E Mark - 1.0
1	 Paschimottasana	 Upavishta- Konasana	 Saralahasta- Pinda-Padmasana	 Urdhvamukha- Paschimottasana - 1	 Supta Tittibhasana
2	 Halasana	 Krounchasana	 Karna-Peetasana	 Timayasana	 Utthit-Ekpada- Hasta-Prushtasana
3	 Ardha-baddha-Padma- Paschimottasana	 Salamb- Sarvangasana-1	 Baddha-Viparit- Kurmasana	 Parshva-Pindasana- Yukta-Sarvangasana	 Yoga-Nidrasana
4	 Marichyasana - 1	 Marichyasana - 2	 Pindasanayukta- Sarvangasana	 Urdhva-Padapadma- Sarvangasana	 Saraghasana
5	 Skandasana - I	 Urdhvamukha- Paschimottasana - 2	 Bhrunasana	 Ramadootasana	 Pingalāsana

Optional Yogasana Charts

▪ **BB-1** ▪

Back Bend Standing (BBS)

	BBS-A Mark - 0.6	BBS-B Mark - 0.7	BBS-C Mark - 0.8	BBS-D Mark - 0.9	BBS-E Mark - 1.0
1	 Ardha-Chandrasana	 Nandighoshasana	 Tryanga-Mukhotanasana	 Eka-Pada-Urdhva-Dand-Dhanurasana	 Urabhrasana
2	 Bheemasana	 Veernilasana	 Adhomukh Hastottanasana	 Mahakarnasana	 Mahaneelasana
3	 Chamatkarasana	 Darukasana	 Poorna-Chakrasana	 Konarkasana	 Dimbasana
4	 Chitroshtakasana	 Gajanasana	 Chakra-Garudasana	 Eka-Pada-Lambakona-Chakrasana	 Dhwaja Dwarasana
5	 Eka-Pada-Setubandha-chakrasana	 Girjasana	 Chakravavyuhasana	 Kambalāsana	 Kosha Krumikasana

Optional Yogasana Charts

▪ **BB-2** ▪

Back Bend Floor (BBF)

	BBF-A Mark - 0.6	BBF-B Mark - 0.7	BBF-C Mark - 0.8	BBF-D Mark - 0.9	BBF-E Mark - 1.0
1	 Ushtrasana	 Laghu-Vajrasana	 Purna-Chakrabandhasana	 Shankhapalasana	 Chitrapatangasana
2	 Ekapada- Rajakapotanasana-3	 Govardhanasana	 Padma-Jhashasana	 Ekapada-Viparit- Shalbasana	 Mriga-Mukhasana
3	 Arghyasana	 Mahaveerasana	 Vayuputrasana	 Sugreevasana	 Viparita-Valkhilyasana
4	 Ekapada-Viparit- Dandasana - 1	 Padmanabhasana	 Padangushtha- Dhanurasana	 Ardha-Kapota- Vamadevasana	 Prajaktasana
5	 Shivadhanushyasana	 Poorna-Matsyasana	 Gandabherudasana	 Supta-Dimbasana	 Vibhakta-Viparita- Shalabhasana

Optional Yogasana Charts

▪ TB-1 ▪


Twisting Body Floor (TBF)

	TBF-A Mark - 0.6	TBF-B Mark - 0.7	TBF-C Mark - 0.8	TBF-D Mark - 0.9	TBF-E Mark - 1.0
1	 Parivritta - Padmasana	 Parivritta-Janu-Shirshasana	 Amit-Vikramasana	 Parivritta-Ramadootasana	 Parivritta Upavishta-Konasana
2	 Ardha-Matsyendrasana - IV	 Shoolpashasana	 Kesarisutasana	 Parivritta-Ushtrasana	 Katipada-Matsyendrasana
3	 Parighasana	 Marichyasana-III	 Parivritta-Paschimottanasana	 Marichyasana - 4	 Parivritta-Eka-Pada-Shirasana
4	 Ranaveerasana	 Uddalakasana	 Trishoolpashasana	 Ardha-Padma-Shoolpashasana	 Pushpadantasana
5	 Baddhapada-Matsendrasana	 Ardha-Matsyendrasana - 1	 Padaputa-Parivritta-Janu-Shirasana	 Paripurna-Matsyendrasana	 Utthit-Pada-Parivritta-Janu-Shirasana

Optional Yogasana Charts

▪ TB-2 ▪

Twisting Body Balance (TBB)

	TBB-A Mark - 0.6	TBB-B Mark - 0.7	TBB-C Mark - 0.8	TBB-D Mark - 0.9	TBB-E Mark - 1.0
1	 Parivrutta-Namanasana	 Shrugalāsana	 Parivrutta-Uttanasana	 Maroodāsana-1	 Malayāsana
2	 Himavānasana	 Baddha-Parivrutta-Parshva-Konasana	 Mahendrasana	 Kanchangangāsana	 Kailāsana
3	 Parivrutta-Utkāsan	 Baddhapada-Parivrutta-Upveshasana	 Angushta-Padottanasana	 Maheshwarāsana	 Parivrutta-Vishwamitrasana
4	 Parivrutta-Parshva-Konasana	 Parivrutta-Trikonasana	 Ardhapadma-Parivrutta-Parighāsana	 Nishigandhasana	 Putpada-Vishwamitrasana
5	 Vindhyāsana	 Parivrutta-Padottanasana	 Parivrutta-Kallyāsana	 Parshva-Kallyāsana	 Vetālāsana

Optional Yogasana Charts

▪ LB-1 ▪

Leg Balance Backward Bend (LBB)

	LBB-A Mark - 0.6	LBB-B Mark - 0.7	LBB-C Mark - 0.8	LBB-D Mark - 0.9	LBB-E Mark - 1.0
1	 Saral-Natarajasan	 Natarajasan	 Dwihastapada- Natarajasana	 Urdhvamukha- Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Muktahast- Marutsakhasana	 Anta-Gulfa-Hasta- Natarajasana	 Greevapada- Natarajasana	 Viparit-Dandayaman- Tripurasana
3	 Baddha-Natarajasana	 Lasya-Natarajasana	 Yoganandasana	 Sundara-Vimanasana	 Vamdeva- Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikhapada-Natarajasana	 Pratyanchyasana	 Ekapada-Tryanga- Mukhottanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandhapada- Natarajasana	 Tandavasana	 Mohini-Astrasana

Optional Yogasana Charts

▪ LB-2 ▪

Leg balance Forward Bend (LBF)

	LBF-A Mark - 0.6	LBF-B Mark - 0.7	LBF-C Mark - 0.8	LBF-D Mark - 0.9	LBF-E Mark - 1.0
1	 Urdhva-Prasarita- Lambakonasana	 Dandayamana- Janushirasana	 Dhwajadandasana	 Ruchikasana-2	 Muktahasta- Trivikramasana
2	 Swarga-Dwijasana	 Veerbhadrasana-III	 Parivrutta-Baddha- Ardhachandrasana	 Vamanasana	 Urdhva-Prasarit- Eipadasana - II
3	 Pasha-Lamba- Konasana	 Parivrutta-Swarga- Dwijasana	 Utkata-Dandayamana- Janushirasana	 Pakshikasana	 Kanishasana
4	 Garudasana	 Pashstrasana	 Niralamba Vatayanasana	 Sankhyasana	 Trishoolasana
5	 Vrukshasana	 Pushpakasana	 Garuda- Vimanasana	 Bhingyasana	 Sarasasana

Optional Yogasana Charts

▪ HB-1 ▪

Hand Balance Forward Bend (HBF)

	HBF-A Mark - 0.6	HBF-B Mark - 0.7	HBF-C Mark - 0.8	HBF-D Mark - 0.9	HBF-E Mark - 1.0
1	 Brahmacharyasana	 Urdhva-Kukutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukutasana	*  Mayoorasana	*  Ekapada-Vaksha-Mayoorasana	 Chakorasana	 Adhomukha-Utthit-Koomasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhastrasana
4	 Dwipada-Koundinyasana	*  Padma-Mayoorasana	 Tittibhasana	 Fanindrasana	*  Ekahasta-Padma-Mayoorasana
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushtha-Sheershasana	 Parashupashasana

Note - Females are advised to practice * asanas with caution.

Optional Yogasana Charts

▪ HB-2 ▪

Hand Balance Backward Bend (HBB)

	HBB-A Mark - 0.6	HBB-B Mark - 0.7	HBB-C Mark - 0.8	HBB-D Mark - 0.9	HBB-E Mark - 1.0
1	 Pinch-Mayurasana	 Padanka-Vrishikasana - II	 Ekpad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - 1	 Hasta Vyaghrasana	 Paripurnasana	 Ekpad-Kokilasana	 Dwipad-Kokilasana
4	 Jatukasana	 Padma-Pada-Vruschikasana - II	 Shiv-Lingakarasana	 Putpada-Kokilasana	 Hast-Samkonasana
5	 Ardha-Padma-Pincha-Mayoorasana	 Ekapada-Skandha-Shiva-Lingakarasana	 Ekpad-Kokila-Vruschikasana - 1	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana