



YOGA FEDERATION OF INDIA

(REGD. UNDER THE SOCIETIES REGISTRATION ACT XXI OF 1860, REGD. NUMBER 1195, DATED 14.2.90)
RECOGNISED BY

Indian Olympic Association

AFFILIATED TO
Asian Yoga Federation

FOUNDER & FULL MEMBER
International Federation of Yoga Sports

&
International Yoga federation

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SYLLABUS FOR NATIONAL YOGA CHAMPIONSHIP

AGE GROUP : 8 - 12 YEARS : BOYS & GIRLS

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



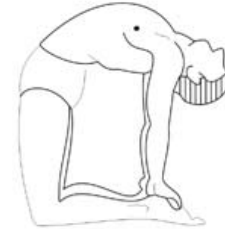
1. TRIKONASANA



2. PADA HASTASANA



3. SASANGASANA



4. USHTRASANA



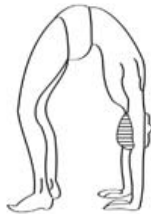
5. AKARNA DHANURASANA



6. GARABHASANA



7. EKA PADA SIKANDHASANA



8. CHAKRASANA



9. SARVANGASANA



10. DHANURASANA

AGE GROUP : 12 - 17 YEARS : BOYS & GIRLS

1. GARUDASANA
2. PARSVAKONASANA
3. PASCHIMOTTANASANA
4. BAKASANA
5. UTTHIT EKA PADA SIKANDHASANA
6. PURNA SUPTA VAJRASANA
7. EKA PADA CHAKRASANA
8. YOGA NIDRASANA
9. MATSYASANA
10. PURNA DHANURASANA



1. GARUDASANA



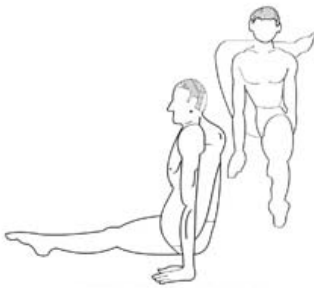
2. PARSVAKONASANA



3. PASCHIMOTTANASANA



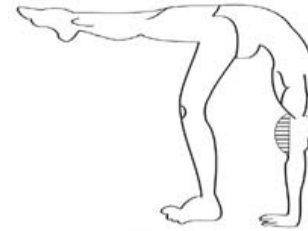
4. BAKASANA



5. UTTHITA EKA PADA SIKANDHASANA



6. PURNA SUPTA VAJRASANA



7. EKA PADA CHAKRASANA



8. YOGA NIDRASANA



9. MATSYASANA



10. PURNA DHANURASANA

AGE GROUP : 17 - 21 YEARS : BOYS & GIRLS

1. TRIVIKRAMASANA
2. PURNA CHAKRASANA
3. KOUNDINYASANA
4. PADMA BAKASANA
5. PARIVARTITA PARSVAKONASANA
6. OMKARASANA
7. SETU BANDHA SARVANGASANA
8. VIBHAKTA PASCHIMOTTANASANA
9. PURNA DHANURASANA
10. SIRSHASANA



1. TRIVIKRAMASANA



2. PURNA CHAKRASANA



3. KOUNDINYASANA



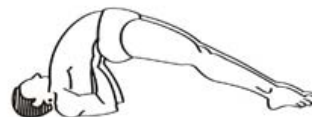
4. PADMA BAKASANA



5. PARIVARTITA
PARSVAKONASANA



6. OMKARASANA



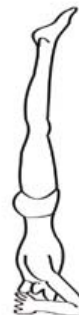
7. SETU BANDHA
SARVANGASANA



8. VIBHAKTA
PASCHIMOTTANASANA



9. PURNA DHANURASANA



10. SIRSHASANA

AGE GROUP : 21 - 25 YEARS : MEN & WOMEN

1. NATRAJASANA
2. DANDYAMAN JANUSIRSHASANA
3. UTTHITA PASHMITTONASANA
4. SETU BANDHA CHAKRASANA
5. ARDHA BADDHA PADMOTTANASANA
6. PURNA MATSYENDRASANA
7. PADMA BAKASANA
8. EKA PADA SETU BHANDHA SARVANGASANA
9. PADANGUSHTHA DHANURASANA
10. PADAM SIRSHASANA



1. NATRAJASANA



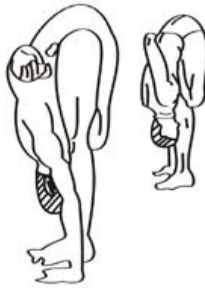
2. DANDYAMAN
JANUSIRSHASANA



3. UTTHITA
PASHMITTONASANA



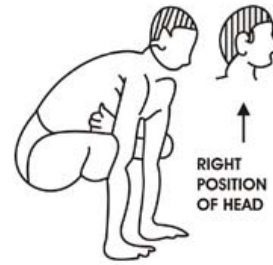
4. SETU BANDHA
CHAKRASANA



5. ARDHA BADDHA
PADMOTTANASANA



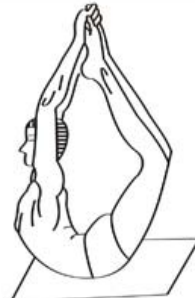
6. PURNA
MATSYENDRASANA



7. PADMA BAKASANA



8. EKA PADA SETU
BHANDHA SARVANGASANA



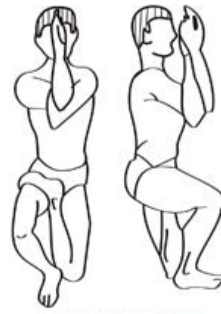
9. PADANGUSHTHA
DHANURASANA



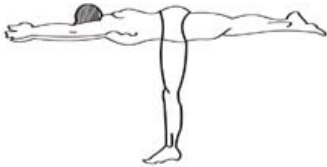
10. PADAM SIRSHASANA

AGE GROUP : 25 - 40 YEARS : MEN

1. VATAYANASANA
2. VIRBHADRASANA
3. HANUMANA ASANA
4. PADAM MAYURASANA
5. ARDHA BADHA PADAMA PASCHIMOTTANASANA
6. BADDHA PADAMASANA
7. SETU BANDHA SARVANGASANA
8. PADANGUSTA DHANURASANA
9. EKA PADA CHAKRASANA
10. PADAM SIRSHASANA



1. VATAYANASANA



2. VIRBHADRASANA



3. HANUMANA ASANA



4. PADAM MAYURASANA



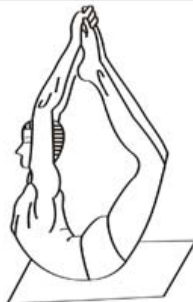
5. ARDHA BADHA
PADAMA PASCHIMOTTANASANA



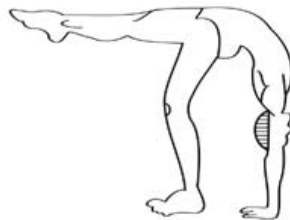
6. BADDHA PADAMASANA



7. SETU BANDHA
SARVANGASANA



8. PADANGUSTA
DHANURASANA



9. EKA PADA
CHAKRASANA



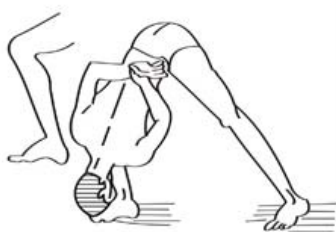
10. PADAM SIRSHASANA

AGE GROUP : 25 - 40 YEARS : WOMEN

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



1. GARUDASANA



2. SIRSHA
PADANGUSTHASANA



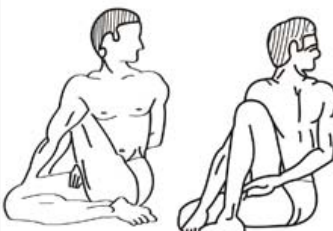
3. VIBHAKTA
PASCHIMOTTANASANA



4. USHTRASANA



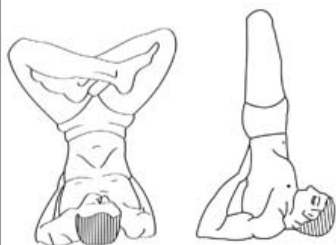
6. BADDHA PADMASANA



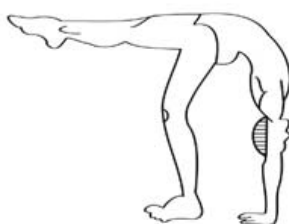
6. ARDHA
MATSYENDRASANA



7. MARICHYASANA



8. PADAM
SARVANGASANA



9. EKA PADA
CHAKRASANA



10. EKA PADA PURNA
DHANURASANA

AGE GROUP : 40 - 60 YEARS MEN & WOMEN

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



1. VRIKSHASANA



2. PASCHIMOTTANASANA



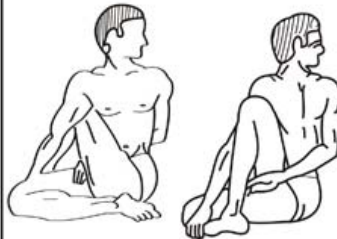
3. USHTRASANA



4. BADDHA PADAMASANA



5. AKARNA DHANURASANA



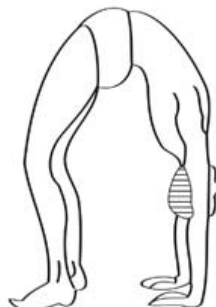
6. ARDHA MATSYENDRASANA



7. HALASANA



8. MATSYASANA



9. CHAKRASANA



10. DHANURASANA



WORLD CUP OF OLYMPIC YOGA SPORT

Organised by



INTERNATIONAL FEDERATION OF YOGA SPORTS

Syllabus

The 6 asanas of first sequence



Ardha Trikonasana



Raja Bhujangasana



Padahasthasana



Dandapada Kokasana



Thirivikramasana



Padma Kukutasana



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Syllabus

The 6 asanas of second sequence



Trikonasana



Sarvangasana



Yoganidrasana



Dhanurasana



Salabhasana



Shirsasana



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Syllabus

The 10 asanas of 3rd sequence



Paschimottasana



Chakrasana



Ardha Chandrasana



VIBARKHA PASCHIMOTASANA



Eka Pada Kapotasana



Padma Mayurasana



Garbasana



Vrajasana



Natarajasana



Vrischikasana

Only for tiebrake



Padam Kakasana



Raja Yoganidrasana