

WEST BENGAL YOGA ASSOCIATION
JUDGE'S GUIDELINES FOR STATE YOGASANA COMPETITION, 2019
According to Refresher's Course, held on 26/05/19

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

G = Gross & S = Silly

1. GARUDASANA	UNLESS / OTHERWISE
3. If right arm is above left arm, left thigh on the right thigh.	G
4. Ankle completely touching calf, Shoulders maximum straight	G
5. Standing leg should be straight	Silly
2. SIRSA PADA AUNGUSTHASANA	UNLESS / OTHERWISE
2. Forehead touching the toe	G
3. Back leg maximum straight	G
3. ARDHA BADHA PADAMA PASCHIMOTTANASANA	UNLESS / OTHERWISE
1. One leg stretched straight.	G
2. Gripping of toe of leg assuming Ardha Padamasana with thumb and index finger.	G
3. Back maximum stretched with abdomen, chest and forehead touching the leg.	G
4. Both knees on the ground.	G
4. USHTRASANA	UNLESS / OTHERWISE
2. Palms on the heels	G
3. Knees, heels and toes together	G
4. Ankles touching the ground	G
5. BADDHA PADAMASANA	UNLESS / OTHERWISE
1. Both knees on ground.	G
2. Both toes gripped by thumb and index finger from back side.	G
3. Back, neck and head straight.	G
4. Shoulder in same line, gaze forward.	G
6. KURMASANA	UNLESS / OTHERWISE
1. Feet joined with soles on the ground in front of head	G
2. Insert Head & arms in between two under the knee	G
3. Fingers should be interlocked on the back of the waist	G
7. ARDHA MATSYENDRASANA	UNLESS / OTHERWISE
1. Both buttocks on the ground & toe in Knee line	G
2. Shoulders and head in same line.	G
3. Thigh to be gripped by hand after twisting the trunk portion.	G
4. Knee & toe on the ground.	G
8. HALASANA	UNLESS / OTHERWISE
1. Back to be maximum straight. (with Neck on ground)	G
2. The legs maximum straight.	G
3. Arms parallel to each other up to shoulder width, palms on ground.	G
4. Toes together stretched, pointing outside.	G
9. SETU BANDHA CHAKRASANA	UNLESS / OTHERWISE
1. Hands and feet touching the ground.	G
2. Legs straight, heels and toes together.	G
3. Head in between two arms with ears touching the arms.	G
10. EK PADA PURNA DHANURASANA	UNLESS / OTHERWISE
1. One leg knee & elbow in one line	G
2. Big toe gripped by first two fingers stretched up to ear	G
3. Other leg stretched & arm in front in alignment with leg	G