

2. SUB JUNIOR GROUP - B (10-12 YEARS: BOYS & GIRLS) G = Gross & S = Silly

1. TRIKONASANA		UNLESS / OTHERWISE
4. Face towards sky		G
5. Both leg should be straight		G
6. Palm touching fully on the Ground		G
2. PASCHIMOTTANASANA		UNLESS / OTHERWISE
1. Knees on the ground (legs Straight only)		G
2. Toes pointing up to be gripped with Thumb and Index finger, other three fingers folded inside.		G
3. Back maximum stretched with abdomen, chest, forehead touching legs.		G
4. Elbows on the ground (and Elbows touching both side of the legs)		G
5. Starting from Lying & Finishing to lying		G
3. PURNA USTRASANA		UNLESS / OTHERWISE
1. Cranium of Head placed on the arc of feet		G
2. Heel to be gripped by palms		G
3. Knees, Heels & Toes together		G
4. EKA PADA SIKANDHASANA		UNLESS / OTHERWISE
2. Heel touching opposite side shoulder.		G
5. AKARNA DHANURASANA		UNLESS / OTHERWISE
1. One Leg stretch with toe pointing upwards, gripping of toe with thumb and index finger.		G
2. Gripping of toe of other leg with thumb, index and middle finger up to the ear.		G
5. Front Knee straight and front heel touching the ground		G
6. KUKKUTAASANA		UNLESS / OTHERWISE
1. Insert Arm in between Thigh and Calf and Palms placed on the ground with finger together		G
5. hands Straight and Padmasana upto Elbows		G
7. YOGA NIDRASANA		UNLESS / OTHERWISE
2. Shoulders to be taken out from the crossing.		G
4. Gripping of buttock with fingers inter locking each other.		G
5. Toes not touching the ground		G
8. CHAKRASANA		UNLESS / OTHERWISE
3. Neck in between two arms with ear touching the arms.		G
9. SARVANGASANA		UNLESS / OTHERWISE
4. Chin touching chest, toes pointing upward		G
5. Neck touching the ground		G
10. DHANURASANA		UNLESS / OTHERWISE
1. Toes, heels and knees together.		G
5. Knees and Shoulder should be in straight line parallel to the ground		Silly