

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

7. SENIOR GROUP B (21 - 25 YEARS : MEN & WOMEN) : G = Gross & S = Silly

1. NATRAJASANA

UNLESS / OTHERWISE

1. Arch of foot placed on back of head.	G
2. Toe gripped by both Palms , Gap in elbows at shoulder width.	G
5. Standing Leg should be Straight	G

2. DANDYAMAN JANUSIRSHASANA

UNLESS / OTHERWISE

1. One leg stretched straight, Parallel to the ground.	G
2. Leg on ground maximum straight.	G
3. Gripping of toe with thumb and index fingers of both hands with elbows slightly bent.	G
4. Chin placed on knee.	G

3. UTHITA PASCHMITTONASAN

UNLESS / OTHERWISE

2. Both Legs straight with toes pointing upward.	G
3. Palms holding the heels.	G
4. Back maximum stretched with abdomen, chest and forehead touching the legs	G

4. 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

5. HANUMANASANA

UNLESS / OTHERWISE

1. Both legs stretched, toes pointing outside.	G
2. Back, neck and head straight.	G
3. Hips touching the Ground	G

6. KURMASANA

UNLESS / OTHERWISE

1. Feet joined with soles on the ground in front of the head.	G
2. Insert head and arms in between two legs under the knees.	G
3. Finger should be interlocked on the back near buttocks.	G
4. Forehead should touch the ground with maximum arch of the back.	G

7. KOUNDINYASANA

UNLESS / OTHERWISE

1. Both legs in straight line parallel to the ground.	G
2. Both palms on the ground with fingers together.	G

8. EKA PADA SETU BANDHA SARVANGASANA

UNLESS / OTHERWISE

1. Shoulders and elbows in one line with chin touching the chest.	G
3. One leg straight with toe pointing upward	G
4. Second leg straight with heel and toe touching the ground.	G
5. Shoulder & neck should touch the ground	G

9. PADANGUSHTH DHANURASANA

UNLESS / OTHERWISE

1. Gripping of big toe in between 1st and 2nd finger with fist closed.	G
2. Knees , Heels & Toes closed together	G
3. Legs and arms stretched upward, balance on naval.	G
4. Head in between both the arms touching ear & gaze in front.	G

10. PADAM SIRSHASANA

UNLESS / OTHERWISE

1. Cranium of the head should be placed on the ground.	G
2. Head, Back & hips in one line.	G
3. Padamasana to be assumed after taking the position of Sirshasana.	G