



Beginner Syllabus

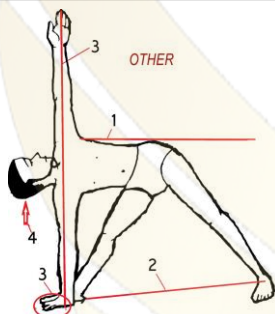
(Age Group :- 5-10, 10-14, 14-18, 18-25, 25-35, 35-50, 50 Above – Male / Female)

1. VRIKSHASANA
2. TRIKONASANA
3. USHTRASANA
4. CHAKRASANA
5. DHANURASANA
6. AKARNA DHANURASANA
7. SIRSHA PADANGUSTHASAN
8. PASCHIMOTTANASAN
9. SARVANGASANA
10. TOLASANA



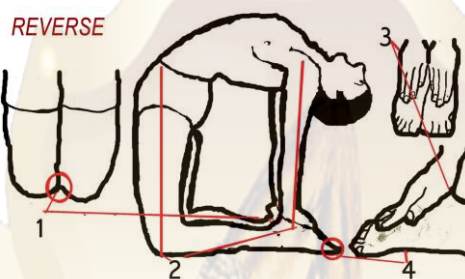
1. VRIKSHASANA

1. Back maximum stretched.
2. Folded leg in alignment to other leg & straight leg toe pointing forward.
3. Hands joined above shoulders without thumb gripping & Arms (biceps) touching the ear.
4. Gaze in front.



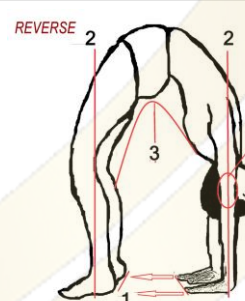
2. TRIKONASANA

1. Waist to be parallel to the ground.
2. Position of hand adjacent to heel & both arms in a straight line.
3. Both heels in alignment to each other.
4. Face towards sky.



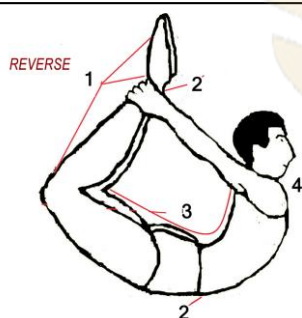
3. USHTRASANA

1. Knees, heels and toes together
2. Thighs and arms Perpendicular to the ground, parallel to each other.
3. Palms placed on the heels
4. Ankles touching the ground



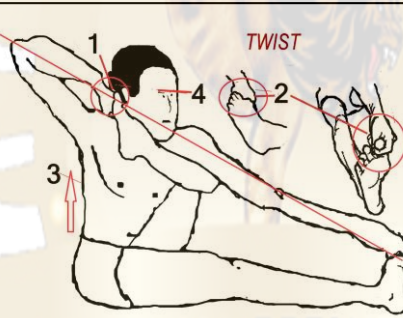
4. CHAKRASANA

1. Gap in hands and feet with each other at shoulder's width, fingers pointing heels.
2. Arms & legs to be perpendicular to the ground, parallel to each other
3. Thighs, hips & back making maximum arch.
4. Neck in between two arms with arms (biceps) touching ears.



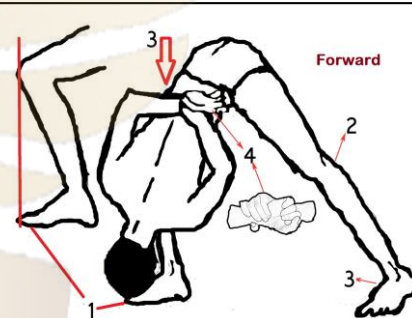
5. DHANURASANA

1. Toes, heels and knees together
2. Gripping from ankles. Naval on the ground
3. Thighs, buttocks and lower back making maximum arch.
4. Gaze upside



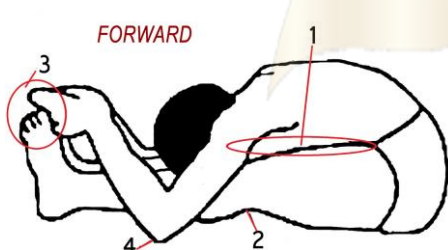
6. AKARNA DHANURASANA

1. Folded leg to be stretched upward up to ear with alignment of both arms.
2. Gripping big toe of folded leg with index & middle finger with fist closed & other leg stretched straight with toe pointing upwards, gripping of to with thumb & index finger other fingers folded inside.
3. Back, neck and head maximum straight.
4. Gaze pointing front toe.



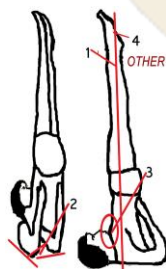
7. SIRSHA PADANGUSTHASAN

1. Forehead touching the big toe with knee aligned with big toe.
2. Other leg straight with weight equally distributed on both legs
3. Back maximum straight with soles completely touching the ground
4. Wrist gripping with on back, fist closed



8. PASCHIMOTTANASANA

1. Back maximum stretched with abdomen, chest, shoulders & forehead touching legs
2. Both legs straight with knees on ground.
3. Toes pointing up together, aligned to other fingers, to be gripped with thumb and Index finger, other fingers folded inside.
4. Elbows on the ground, touching legs



9. SARVANGASANA

1. Legs, hips and back up to shoulders in straight line.
2. Palms placed on back parallel to each other with elbows in straight line to shoulders.
3. Chin to be locked.
4. Toes pointing upward



10. TOLASANA

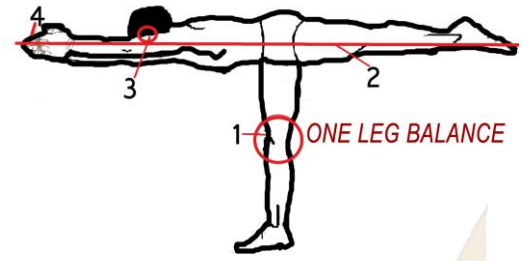
1. Both thighs parallel to the ground and lifted upto the elbows
2. Both hands straight and parallel to each other, fingers closed
3. Back, neck and head straight & stretched up
4. Shoulders blade relaxed, Gaze forward



Advance Syllabus

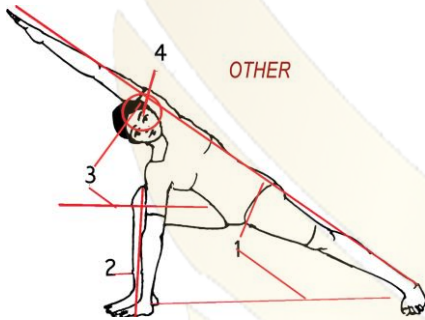
(Age Group :- 8-14, 14-18, 18-25, 25-35, 35 Above – Male / Female)

1. VIRBHADRASANA
2. PARSVAKONASANA
3. SETU BANDHA CHAKRASANA
4. MATSYASANA
5. ARDHA MATSYENDRASANA
6. VIBHAKTA PASCHIMOTTHANASANA
7. PADAHASTASANA
8. HALASANA
9. VATAYANASANA
10. BAKASANA



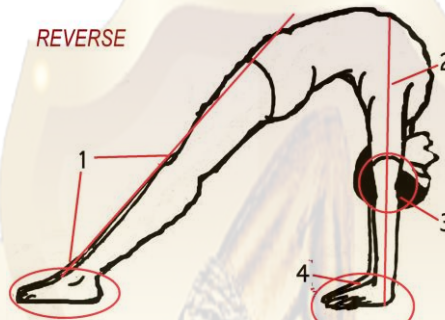
1. VIRBHADRASANA

1. Leg on the ground to be straight.
2. Both arms, back and leg in straight line with toe maximum stretched.
3. Head in between both arms, biceps touching ears with gaze in front
4. Hands inint together without locking thumbs



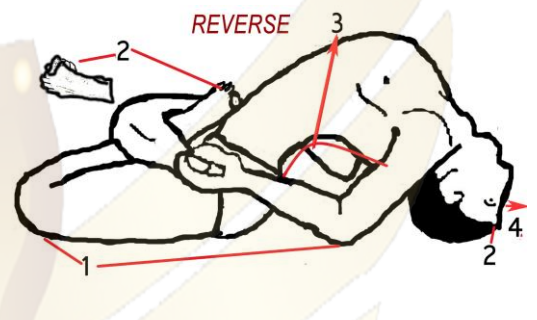
2. PARSVAKONASANA

1. Arm, waist and leg in straight line with heels in alignment
2. Second leg and arm perpendicular to ground.
3. Thigh parallel to ground & arm (biceps) touching ear
4. Gaze forward



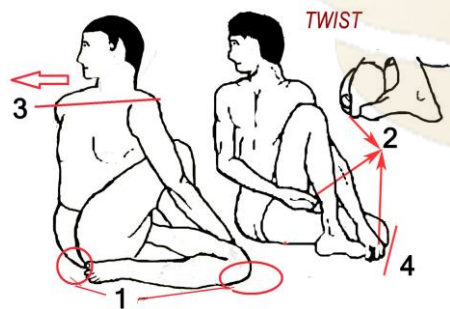
3. SETU BANDHA CHAKRASANA

1. Legs straight & soles touching ground with heels and toes together.
2. Arms & trunk perpendicular to the ground.
3. Head between arms & arms (biceps) touching ears
4. Fingers together.



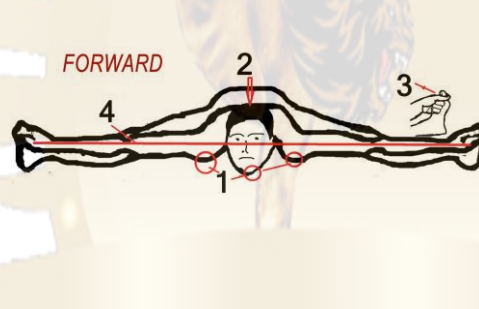
4. MATSYASANA

1. Both knees & elbows on the ground.
2. Gripping big toes with thumb and Index finger, other fingers folded inside with cranium touching ground, not forehead.
3. Making maximum arch with spine.
4. Gaze towards back



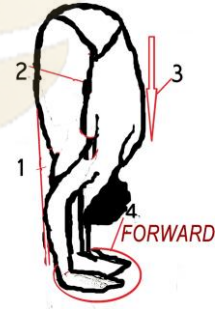
5. ARDHA MATSYENDRASANA

1. Both buttocks & one knee on the ground.
2. One hand gripping other thigh from back side, & other hand gripping toe with thumb and Index finger, other fingers folded inside.
3. Back straight with shoulders & head in a straight line.
4. Big toe in line of folded knee.



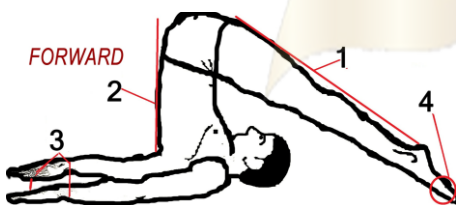
6. VIBHAKTA PASCHIMOTTHANASANA

1. Abdomen, Chest, shoulders and chin touching the ground.
2. Back maximum straight
3. Knees on the ground with toes pointing upward, gripped with thumb and Index finger, other fingers folded inside.
4. Arms in straight line.



7. PADAHASTASANA

1. Legs should be straight.
2. Chest, abdomen & forehead touching legs.
3. Back maximum stretched.
4. Hands on the side of feet with alignment of toes



8. HALASANA

1. Legs maximum straight.
2. Back to be maximum straight.
3. Arms parallel to each other up shoulders width palms on ground.
4. Toes together stretched, pointing outside.



9. VATAYANASANA

1. Back, neck and head to be straight
2. Folded knee to touch the heel of the other foot with shoulders maximum straight.
3. If right arm is above left arm, left foot on the right thigh.
4. Hands together in front of nose & fingers at level of forehead,



10. BAKASANA

1. Arms straight & parallel with fingers together.
2. Knees in armpit with heels together, nearer to buttocks and toes pulled up to the minimum height of elbows
3. Hips, back and head in maximum straight line, parallel to ground
4. Gaze forward.



Expert Syllabus

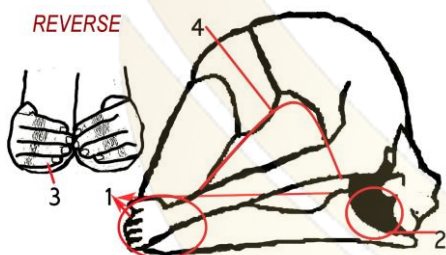
(Age Group :- 8-18, 18 Above – Male / Female)

- 1. NATRAJASANA**
- 2. PURNA SUPTA VAJRASANA**
- 3. PURNA DHANURASANA**
- 4. PARIVARTITA PARSVAKONASANA**
- 5. ARDHA BADHA PADAMA PASCHIMOTTANASANA**
- 6. KARAN PITTHASANA**
- 7. PADAM BAKASANA**
- 8. UTTHIT EK PAD SIKANDHASANA**
- 9. HANUMANA ASANA**
- 10. SIRSHASANA**



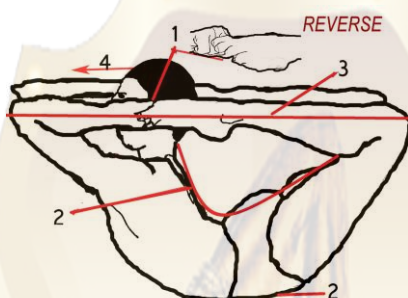
1. NATRAJASANA

1. Arch of foot placed on back of head with knee in alignment with buttock.
2. Toe of straight leg, hip and head in one line.
3. Toe gripped by both palms, fingers overlapping each other with elbows at shoulder width
4. Face straight.



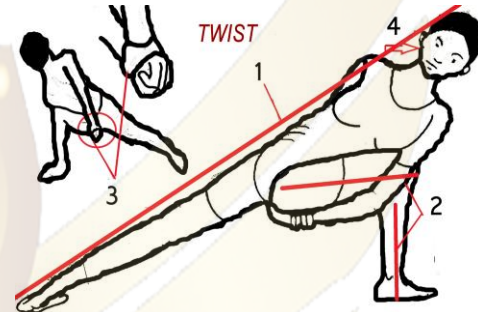
2. PURNA SUPTA VAJRASANA

1. Knees, Heels & toes together.
2. Cranium placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back



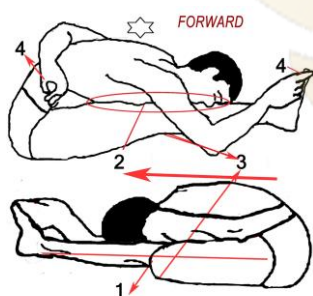
3. PURNA DHANURASANA

1. Toes stretched up to ears by gripping big toes with index & middle finger with fist closed
2. Balance on naval with thighs, hips & back making maximum arch
3. Legs & arms in straight line.
4. Gaze in front



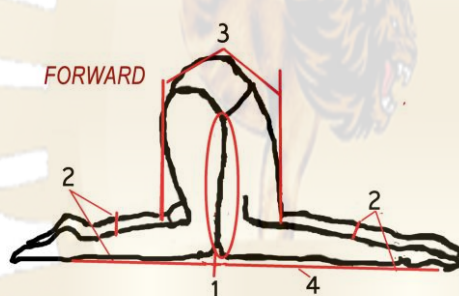
4. PARIVARTITA PARSVAKONASANA

1. Leg, waist and head in straight line after twisting body.
2. The other leg perpendicular to ground & thigh parallel to ground.
3. Wrist of the hand on the back to be gripped by hand.
4. Gaze in front.



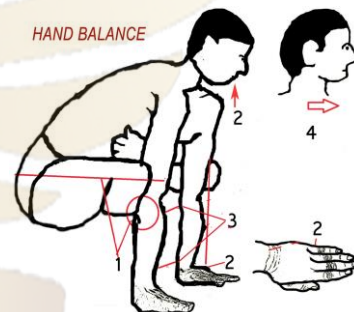
5. ARDHA BADHA PADAMA PASCHIMOTTANASANA

1. Thigh of the folded knee to be parallel to the stretched leg with both knees aligned
2. Back maximum stretched with abdomen, chest, shoulder and forehead touching legs.
3. Both knees on the ground & toe of straight leg pointing upward.
4. Both big toes gripped with thumb and Index finger. other fingers folded inside.



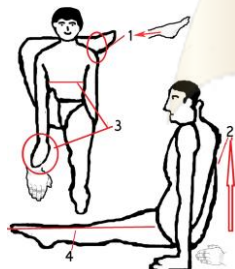
6. KARAN PITTHASANA

1. Thigh & knees to touch abdomen, chest & shoulder.
2. Arms and legs in opposite direction, in a straight line & gap in both arms and legs to be at shoulders width.
3. Back and thighs maximum straight.
4. Ankles & palms touching ground



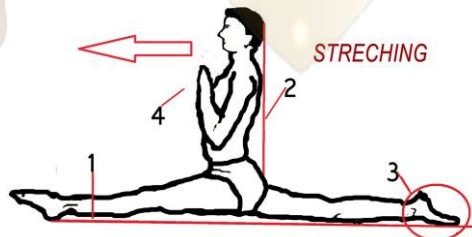
7. PADAM BAKASANA

1. Knees to be raised up to elbow line after assuming padamasana, with thighs parallel to the ground.
2. Head to be straight with palms placed on ground, with fingers together.
3. Arms to be straight and parallel up to shoulders width.
4. Gaze forward.



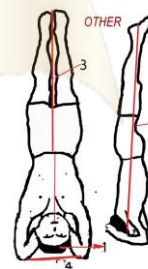
8. UTTHIT EK PAD SIKANDHASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck and head to be maximum straight.
3. Palms (fingers closed) placed on ground at shoulder width & body lifted up with arms straight
4. Lifted leg straight with stretched toe.



9. HANUMANA ASANA

1. Both legs stretched straight, toes pointing outside.
2. Back, neck and head straight.
3. Ankle of the back leg touching the ground
4. Hands joined in front of chest, gaze forward.



10. SIRSHASANA

1. Front portion of the head should be placed on ground.
2. Head, back, hips and legs in one line.
3. Toes pointing upward in alignment to center of body
4. Elbows parallel to each other



Yoga Ratan Syllabus

Open for All Age Group.

31. PURNA CHAKRASANA

32. EK PAD URDHVA DHANURASANA

33. EKA PADA VIPARIT DANDASANA

34. UTTANA PADMA MAYURASANA

35. RAJKAPOTASANA

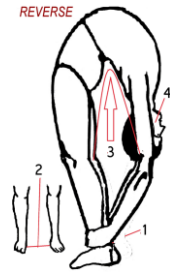
36. PADANGUSHTH DHANURASANA

37. GHERANDASANA

38. GANDABHERUNDASANA

39. PURNA SHALABHASANA

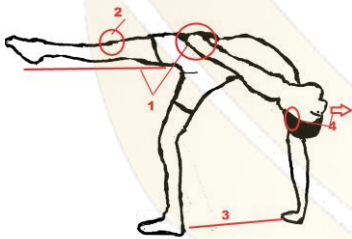
40. SIRSA PADASANA



31. PURNA CHAKRASANA

1. Gripping of ankles with hands.
2. Gap in legs approx. ½ feet with toes and heels parallel to each other.
3. Knees to be maximum straight with body stretched upward to make maximum arch.
4. Head placed in between arms with ear touching

REVERSE



32. EKPADURDHVA DHANURASANA

1. One leg parallel to ground & same hand on thigh of that leg
2. lifted leg to be straight & parallel to ground
3. Balance on one leg & one hand with heel and fingers in one line
4. Face in front & ear Touching one arm

REVERSE



33. EKA PADA VIPARIT DANDASANA

1. Upper leg straight and perpendicular to ground with toe stretched upward.
2. Holding front ankle with both palms with thumbs on the back and fingers in front touching each other
3. Face in front

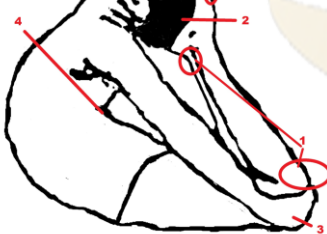
REVERSE



34. PADMA SETUBANDHASANA

1. Both knees touching the ground, after assuming padmasana
2. Chin locked with jugular notch maximum straight & palms on the back
3. Shoulders & elbows in one line.
4. Fingers inside pointing towards buttock

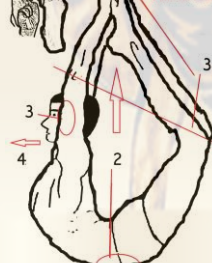
REVERSE



35. RAJKAPOTASANA

1. Knees, Heels & toes together.
2. Cranium of head placed on the arch of feet.
3. Gripping of knees with both palms touching each other.
4. Making maximum arch with thigh, buttocks & back.

REVERSE



36. PADANGUSHTH DHANURASANA

1. Big toes together & gripping big toes with index & middle finger with fist closed
2. Legs and arms stretched upward with balance on naval.
3. Knees with alignment to arms and arms (biceps) touching ears
4. Face in front

REVERSE



37. GHERANDASANA

1. Both big toes gripped with index & middle fingers, and fist closed.
2. One leg stretched upward & other leg crossed under lifted leg with knee & calf touching ground
3. Both legs gripped with same side hand
4. Making maximum arch with upward leg, hand, back and thigh.

REVERSE



38. GANDABHERUNDASANA

1. Chest touching ground and both feet placing on floor.
2. Both heel touch the shoulder
3. Both knees in alignment of shoulders and legs parallel to each other
4. Fingers interlock & reverse palm placed below the chin.

40. SIRSA PADASANA

1. Forehead & front head placed on the ground
2. Knees, heels and toes together
3. Arch of feet placed on cranium of head
4. Elbows parallel to each other & aligned with shoulder line

39. PURNA SHALABHASANA

1. Chest, shoulders & chin to be ground.
2. Arch of feet to be placed on the cranium with arms parallel to each other at shoulders width
3. Knees, heels and toes together.
4. Palms facing down with fingers together.



Yoga Ratan Syllabus

Open for All Age Group.

41. CHAKRABANDHASANA

42. PARIPURN CHAKRABANDHASNA

43. PARIPURN MARJARIASANA

44. PURN MATSYASANA

45. PARIPURN SUPT VAJRASANA

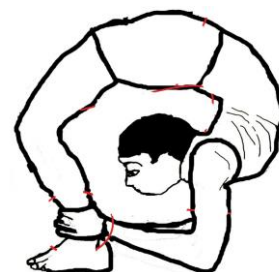
46. PURN GANDA BHERUNDASANA

47. PURN GOKHIL SUPT DIMBASANA

48. PURN SUPT DIMBASANA

49. EK-PAD-VAMDEV-RAJKAPOTASAN

50. EK-PAD-VAMDEV-CHAKRASANA



41. CHAKRABANDHASANA

1. Gripping of ankles with hands.
2. The distance between the both feet and both elbows from each other are approx 1/2 feet with, heels and elbows parallel to each other.
3. Thighs, buttocks, spin, head making arch with head aligned with buttocks
4. Elbowes and shoulders in a line with face forward



42. PARIPURN CHAKRABANDHASNA

1. Gripping of knees with hands from outside.
2. The distance between the both feet from each other are approx shoulder width with shoulders touching calfs.
3. Head placed between thighs with back of the head touching end of the pubic joint.
4. Elbowes in air with face forward



43. PARIPURN MARJARIASANA

1. Buttocks, spin and head making arch with back of the head touching buttocks.
2. The distance between the both feet and both arms from each other are approx 1/2 feet.
3. Toes, knees and palms in a line
4. Face upward.



44. PURN MATSYASANA

1. Front head touching ground and back of the head touching buttocks.
2. Both elbows and knees on ground
3. Both big toes gripped by index fingers and thumbs.
4. Face backward



45. PARIPURN SUPT VAJRASANA

1. Gripping of knees with hands from outside and shoulders, chin placed on ground
2. The distance between the both feet from each other are approx shoulder width
3. Head placed between thighs with back of the head touching buttocks.
4. Elbowes in air with face forward



46. PURN GANDA BHERUNDASANA

1. Chest touching ground and after crossing both legs, both feet placing on floor.
2. Both calfs touch the shoulder
3. Head placed between thighs with back of the head touching end of the pubic joint.
4. Gripping toes with opposite hands with face forwards



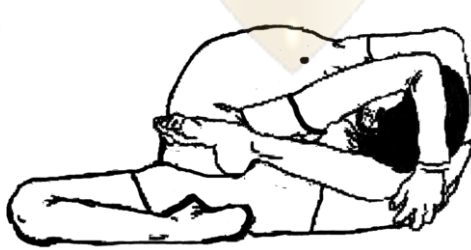
47. PURN GOKHIL SUPT DIMBASANA

1. Gripping of knees with hands from outside.
2. The distance between the both knees from each other are approx shoulder width with shoulders touching hamstrings & knees touching back of the head.
3. Head placed between knees with feet placed on ground
4. Chest and face facing forward.



48. PURN SUPT DIMBASANA

1. Gripping of knees with hands from outside.
2. The distance between the both knees from each other are approx shoulder width with shoulders touching hamstrings & knees touching back of the head.
3. Head placed between knees with legs straight and stretched upward
4. Chest and face facing forward.



49. EK-PAD-VAMDEV-RAJKAPOTASAN

1. Both thigh placing on ground with toe of the back foot placed at front waist and heel of front leg placed on pubic joint.
2. Gripping of knees with hands from outside
3. Back of the head placed on knee after bending backward
4. Chest and face facing upward.



50. EK-PAD-VAMDEV-CHAKRASANA

1. One leg should be placed at lateral part of back.
2. Both hands placed on ground with shoulder distance & Other leg in between both hands.
3. Same shoulder in contact with supporting leg. Head projected upwards making maximum back bending.
4. Ear in contact with thigh of supporting leg and gazing in front



Yoga Ratan Syllabus

Open for All Age Group.

- 51. UTTHIT PADAM VRISCHIKASANA
- 52. UTTHIT VRISCHIKASANA
- 53. OMKARASANA
- 54. CHAKORASANA
- 55. EKA PADA BAKASANA
- 56. UTTHIT PARIPURNA VRISCHIKASANA
- 57. UTTHIT YOGA NIDRASANA
- 58. ADHOMUKHA VIPARITA UTTHIT PADMASANA
- 59. PADAM BAKASANA
- 60. UTTHIT PADAM MAYURASANA



51. UTTHIT PADAM VRISCHIKASANA

1. Padmasana to be assumed after taking the position of handstand.
2. Arms straight & parallel to each other at shoulders width, fingers together & pointing in front
3. Making maximum arch with back, buttocks & thighs
4. Face forward with gaze in front.



52. UTTHIT VRISCHIKASANA

1. Knees, heels and toes together.
2. Arch of feet should be placed on the cranium of the head.
3. Arms straight & parallel to each other at shoulders width.
4. Face forward with gaze in front.



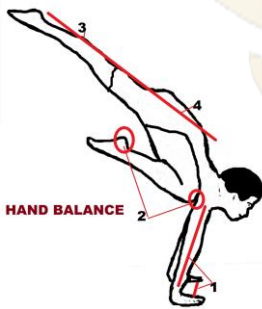
53. OMKARASANA

1. Heel of upper leg touching opposite side shoulder & toe stretched out.
2. Both arms straight & parallel with fingers together, back, neck and head maximum straight.
3. Second leg crossing elbows in straight line, with toe stretched out.
4. Gaze forward



54. CHAKORASANA

1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck and head to be maximum straight.
3. Palms (fingers closed) placed on ground at shoulder width & body lifted up with arms straight
4. Lifted leg straight and touching abdomen, forehead with stretched toe.



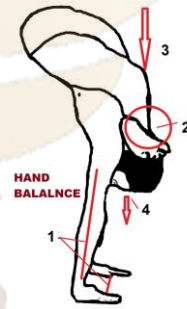
55. EKA PADA BAKASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. One knee placed in same side armpit with heel nearer to buttock and toe stretched
3. Other leg straight with alignment of back and head, and face forward
4. Hips, back and head in maximum straight line.



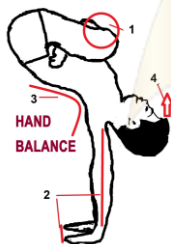
56. UTTHIT PARIPURNA VRISCHIKASANA

1. Knees & thighs together.
2. Heels touching shoulder line and toes touching each other.
3. Arms straight & parallel to each other at shoulders width.
4. Face forward with gaze in front.



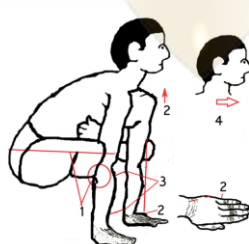
57. UTTHIT YOGA NIDRASANA

1. Arms straight and parallel to each other with fingers together, [pointing in front.
2. Crossing of legs on neck with toes stretched out
3. Back maximum straight with alignment of hands
4. Gaze downward.



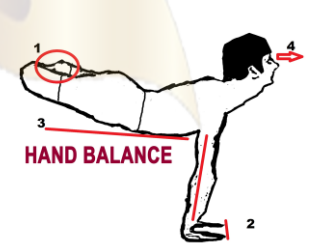
58. ADHOMUKHA VIPARITA UTTHIT PADMASANA

1. Padmasana to be assumed after taking position of hand stand.
2. Arms straight and parallel to each other with fingers together & pointing in front
3. Making maximum arch with spine.
4. Face forward



59. PADAM BAKASANA

1. Knees to be raised up to elbow line after assuming padmasana, with thighs upto knees parallel to the ground.
2. Head to be straight, palms placed on ground with thumbs & fingers together.
3. Arms to be straight and parallel at shoulders width.
4. Gaze forward.



60. UTTHIT PADAM MAYURASANA

1. Padmasana to be assumed after taking position of hand stand.
2. Arms straight and parallel to each other with fingers together
3. Chest, abdomen, up to pelvic parallel to ground, and knees lifted in alignment of head (crown)
4. Gaze upward.



Yoga Ratan Syllabus

Open for All Age Group.

61. EK-PAD-KUKUT-MAYURASANA

62. EK-PAD-LIKRASANA

63. EK-PAD-SHIVA-GOKHILASANA

64. LIKRASANA

65. PURN GOKHILASANA

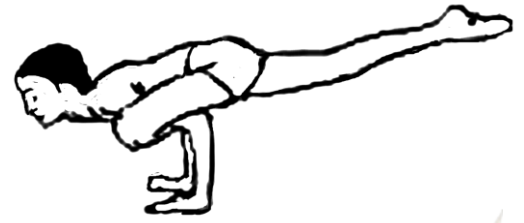
66. PURN LIKRASANA

67. TITIBHASANA

68. EK-PAD-SKANDH-BAKASANA

69. UTTHIT-HAST-SAMKONASANA

70. VIPRIT TADASANA



61. EK-PAD-KUKUT-MAYURASANA

1. The bent leg to be placed behind the opposite arm after crossing it in front of the arm on the same side.
2. Upper arms parallel to the ground and lower arms parallel to each other.
3. Straight leg in a straight oblique line with the back
4. fingers together with face forward



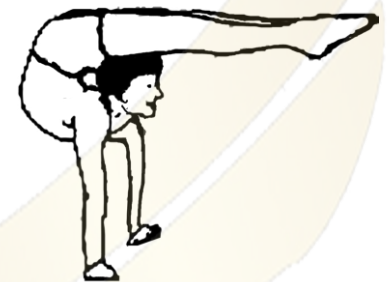
62. EK-PAD-LIKRASANA

1. Both the arms straight and parallel to each other at shoulders width.
2. both legs straight and perpendicular to each other.
3. One leg thigh to be touched on head.
4. Chest downward and face forward.



63. EK-PAD-SHIVA-GOKHILASANA

1. One toe to be locked under chin and other toe to be locked under underarms
2. Both the arms straight and parallel to each other at shoulders width.
3. Front pelvis muscles parallel to the ground
4. Chest downward and face downward



64. LIKRASANA

1. Both the arms straight and parallel to each other at shoulders width.
2. Both legs joint together with straight and stretched forward
3. Both hamstrings to be touched on head.
4. Chest downward and face forward.



65. PURN GOKHILASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. Tie both the toes in front of the waist with the support of the waist bone
3. Both thigh joint together and knees touching head.
4. face in front.



66. PURN LIKRASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. Both legs straight and stretched forward.
3. Both kneepits touching shoulder and head placed between legs and legs touching ears
4. face in front.



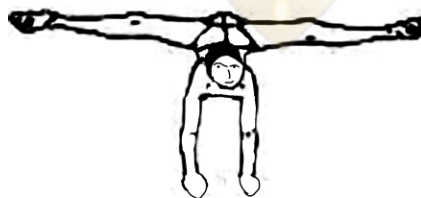
67. TITIBHASANA

1. Both kneepits touching shoulders from backside with back maximum straight and stretched upward.
2. Arms straight and parallel to each other at shoulders width with fingers together.
3. Both legs straight and stretched upward.
4. face in front.



68. EK-PAD-SKANDH-BAKASANA

- 1 One leg is to be placed behind the shoulder and the hand of the same side is to be wrapped with the toe.
2. Arms straight and parallel to each other at shoulders width with fingers together.
3. Straight leg in a straight oblique line with the backand back to be maximum straight
4. Face downward.



69. UTTHIT-HAST-SAMKONASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. Stretch both the legs straight and in a straight line and stretch each other in opposite directions
3. Making maximum arch with spin and buttocks
4. Chest facing down and face forward.



70. VIPRIT TADASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. Both legsand back straight and stretched upward.
3. Legs, back and hands in a line.
- 4.Arms touching ears with face in front



Yoga Ratan Syllabus

Open for All Age Group.

71. BADH DANDYAMAN JANUSIRSHASANA

72. DANDYAMAN JANUSIRSHASANA

73. TRIVIKRAMASANA

74. PURN NATRAJASANA

75. EKA PADA PURN CHAKRASANA

76. URDHAV PRASARIT EK PADASANA

77. UTKAT DANDYMAN JANUSHIRASANA

78. DHURUVASANA

79. NARTAKASANA

80. PRATAYNCHASANA



ONE LEG BALANCE

71. BADH DANDYAMAN JANUSIRSHASANA

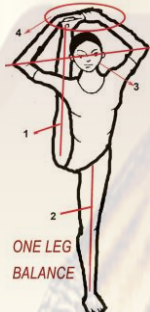
1. Lifted leg should be straight & parallel to ground with toe stretched forward.
2. Knee pit of lifted leg placing on same side shoulder & both wrists on the back gripping one with another hand fingers.
3. Back maximum straight with abdomen & chest parallel to ground & gazing forward.
4. Leg on the ground maximum straight.



ONE LEG BALANCE

72. DANDYAMAN JANUSIRSHASANA

1. Lifted leg straight, stretched & parallel to ground with toe pointing upward.
2. Back maximum straight & stretched, abdomen, chest, chin touching lifted leg, gazing forward with elbows bending & adjacent to lifted knee.
3. Leg on the ground maximum straight.
4. Gripping of toe with thumb & index finger others folded inside.



ONE LEG BALANCE

73. TRIVIKRAMASANA

1. Lifted leg to be straight touching same side of the head.
2. Leg on the ground to be straight.
3. Both elbows in alignment, Face in front
4. Gripping of heel with same hand and toe with the palm of the other hand.



ONE LEG BALANCE

74. PURN NATRAJASANA

1. Lifted leg & bottom leg straight, in one line & lifted leg's toe stretched upward.
2. Lifted leg knee gripped with both palms, fingers overlapping on each other with elbows parallel at shoulder width.
3. Back of head placed on lifted knee pit
4. Face forward.



ONE LEG BALANCE

75. EKA PADA PURN CHAKRASANA

1. Gripping of bottom leg ankle with both hand fingers.
2. Lifted leg's sole placed on bottom leg thigh.
3. Bottom leg & knee maximum straight & Body stretched upward to form maximum arch with thighs, buttock & back.
4. Head placed in between arms with ear



ONE LEG BALANCE

76. URDHAV PRASARIT EKA PADASANA

1. Lifted leg & bottom leg straight, in one line & lifted leg's toe stretched upward.
2. Abdomen & chest parallel to ground.
3. Both hands straight & stretched towards lifted leg thigh.
4. Face forward .



ONE LEG BALANCE

77. UTKAT DANDYMAN JANUSHIRASANA

1. One leg stretched straight parallel to ground with toe pointing upward.
2. Leg on ground to be bend, thigh parallel to ground and both knees touching each other.
3. Back maximum stretched with abdomen, chest, shoulders and chin touching the leg, and elbows bending near leg.
4. Gripping of toe with thumb and Index finger other finger folded inside.



ONE LEG BALANCE

78. DHURUVASANA

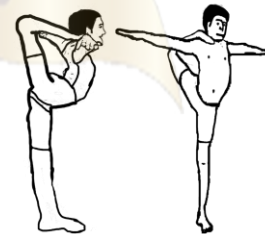
1. Heel touching opposite side shoulder & toe of folded leg stretched out.
2. Back, neck & head to be maximum straight.
3. Leg on the ground maximum straight.
4. Namaskar with palms in front of chest.



ONE LEG BALANCE

79. NARTAKASANA

1. Toe of one leg gripped with chin and neck with face straight.
2. Bottom leg straight.
3. Both hands stretched upward with wrists pointing outside
4. Making maximum arch with thigh, hip and back.



80. GRIVA-NATRAJASANA

1. Toe to be gripped by chin and heel placed on shoulder.
2. Toe of straight leg, hip and head in one line.
3. Both hands straight and in one line ,raised up to shoulder height
4. Face straight.



Yoga Ratan Syllabus

Open for All Age Group.

81. EK-PAD-ARDH-CHANDRASANA

82. VIPRIT VEERBHADRASANA

83. VAMDEVA-GARUDASANA

84. VAJR PADAMOTTANASANA

85. EK-PAD-PURN-PADAMOTTANASANA

86. EK-PAD-SKANDH-PADAMOTTANASANA

87. PURATH-TRIVIKRAMASANA

88. PAD-ANGUSTH-KATIBADH-PURN-CHAKRASANA

89. SAHAJ-PURN NATRAJASANA

90. PRATAYNCHASANA



81. EK-PAD-ARDH-CHANDRASANA

1. Grounded leg has to be kept straight and the lifted leg has to be raised maximum up by bending the knee completely.
2. Back to be bent backwards with back and hand are in a straight line and parallel to the ground.
3. The knee of the raised leg is to be gripped with the hand of the same side and other hand is to be stretched backward
4. Arm touching ear with Face upward



82. VIPRIT VEERBHADRASANA

1. The grounded leg is to be kept straight & the raised leg is to be raised parallel to the ground
2. Back to be bent backwards with back and hand are in a straight line and parallel to the ground.
3. Both hands is to be stretched backward with arms touching ears
4. Face upward



83. VAMDEVA-GARUDASANA

1. Lifted leg to be gripped on waistline & grounded leg to be bent upto stomach & chest touching thigh.
2. The raised leg has to be raised from back so much that the knee and shoulder come in a straight line.
3. While crossing the hands, that hand will remain up, which leg will be on the ground.
4. Face forward



84. VAJR PADAMOTTANASANA

1. The leg on ground to be straight and both thighs & knees joint.
2. Back maximum stretched with abdomen, chest & forehead touching legs.
3. Both hands to be gripped the lifted leg with heel touch buttock.
4. Elbows touching buttocks



85. EK-PAD-PURN-PADAMOTTANASANA

1. The leg on ground to be straight and lifted leg raise maximum up.
- Back maximum stretched with back of the shoulder touching kneepit .
- Both hands in a straight line at the height of knee of grounded leg
- Lifted leg's knee maximum bent



86. EK-PAD-SKANDH-PADAMOTTANASANA

1. The leg on ground to be straight and lifted leg to be placed on back of the shoulder.
2. Back maximum stretched with abdomen, chest & forehead touching legs.
3. Lifted leg's heel to be touched on opposite shoulder
4. Elbows parallel to each other



87. PURATH-TRIVIKRAMASANA

1. Both legs straight in opposite direction.
2. Lifted leg to be touched to stomach and chest up to the ear.
3. Both hands straight in opposite direction at the height of shoulders and parallel to the ground.
4. Neck straight and face forward



88. PAD-ANGUSTH-KATIBADH-PURN-CHAKRASANA

1. The leg on ground to be straight with body stretched upward, with ankle gripped
2. The folded leg's toe to be gripped on waist line
3. Both hands straight with head touching hamstring of grounded leg.
4. Face downward



89. SAHAJ-PURN NATRAJASANA

1. Arch of foot placed on back of head with one hand gripping
2. One hand straight backward parallel to ground
3. Chest, face and elbow upward.
4. The leg on ground toe to be straight with toe in a straight line.



90. PRATAYNCHASANA

1. Both legs and hands straight and stretched.
2. Abdomen, chest and head parallel to ground with gaze upward.
3. Leg on ground to be gripped with same hand near ankle.
4. Lifted leg to be gripped by big toe with thumb and Index finger, other fingers folded inside.



Yoga Ratan Syllabus

Open for All Age Group.

91. PARSHVA PADMA BAKASANA

92. PARIVARTIT USTRASANA

93. PARIVARTIT UTTHIT PASHCHIMOTANASANA

94. EKA PADA BHUJAKOUNDINYASANA

95. PARIVARTIT HANUMANASANA

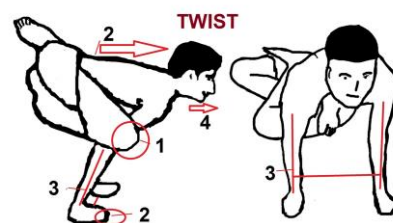
96. PARIVARTIT SUPT PARSVKONASANA

97. VIBHAKT PARIVARTIT VAKRASANA

98. PASASANA

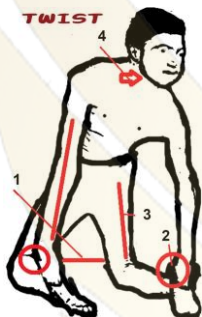
99. PARIVARTIT PRASARITA PADOTTANASANA

100. PURN MATSYENDRASANA



91. PARSHVA PADMA BAKASANA

1. Thigh to be raised up to elbow line after twisting trunk
2. Head & back parallel to ground with palms placed on ground, with fingers together.
3. Arms to be straight and parallel up to shoulders width.
4. Face forward.



92. PARIVARTIT USTRASANA

1. Shoulder width distance in knees, heels & feet, parallel to each other
2. Opposite wrists placed on the heels with fingers straight & hand straight.
3. Thighs perpendicular to ground.
4. Neck straight & face backward.



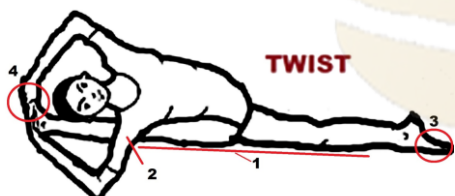
93. PARIVARTIT UTTHIT PASHCHIMOTANASANA

1. Both Legs straight and joint together with one knee touching opposite shoulder from back.
2. Back maximum stretched with abdomen, chest, and shoulders in front after twisting.
3. Balance on buttocks.
4. Heels gripped by one palm, and toes gripped by another palm.



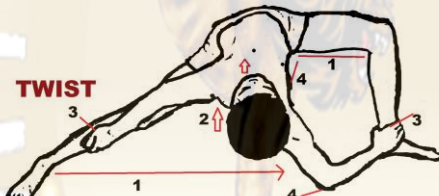
94. EKA PADA BHUJAKOUNDINYASANA

1. Same leg placed on same side arm near shoulder.
2. Other leg's thigh placed on opposite arm's elbow and leg straight stretched, perpendicular to upper body
3. Both forearms perpendicular to the ground & parallel to each other & palms on the ground with fingers together,
4. Waist parallel to ground after twisting trunk.



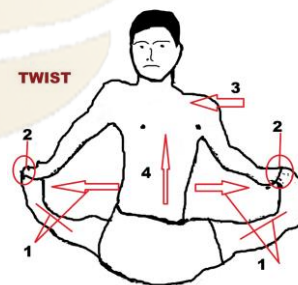
95. PARIVARTIT HANUMANASANA

- 1 Both legs straight & stretched in opposite direction in straight line.
2. Down shoulder to be touch to side knee from back with neck & face straight.
3. Back leg toe stretched out and front leg toe pointing up
4. Gripping of heel with same hand and toe gripping with opposite hand



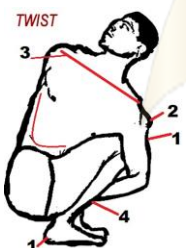
96. PARIVARTIT SUPT PARSVKONASANA

1. Bended leg thigh parallel to ground with both heels aligned to each other.
2. Face and chest facing maximum upward after twisting trunk
3. Bended leg's ankle and straight leg calf to be gripped with opposite hands.
4. Waist and chest parallel to ground and one elbow placing on ground.



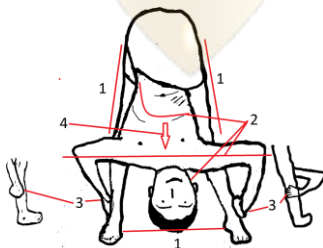
97. VIBHAKT PARIVARTIT VAKRASANA

1. Both legs straight & apart approx. 2 times of shoulders width
2. Both big toes to be gripped with opposite hands thumb & index finger and both hands should be straight.
3. Face and chest facing maximum backside after twisting trunk
4. Back maximum straight.



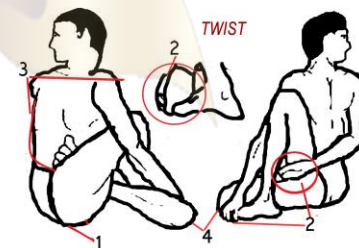
98. PASASANA

1. Both knees, heels & toes together.
2. Knee touching shoulder from back side with back maximum straight.
3. Both shoulders in one line & neck in alignment of shoulders with face upward
4. One wrist gripped with another hand on back side touching side buttock



99. PARIVARTIT PRASARITA PADOTTANASANA

1. Both legs straight & apart approx. 1.5 times of shoulders width
2. Both calf gripped from back side with opposite hands
3. After twisting trunk to front side chest to front side & shoulders, elbows are in one line & face forward.
4. Back maximum straight & stretched downward.



100. PURN MATSYENDRASANA

1. One toe between thigh & abdomen with both buttocks on the ground.
2. One hand gripping other thigh from back side.
3. Other hand gripping opposite leg's toe with thumb & index finger and big toe in line with folded knee.
4. Maximum twisting of the trunk with shoulders in a straight line with alignment of neck.



Yoga Ratan Syllabus

Open for All Age Group.

101. SARJ-VISWAMITRASANA

102. MARICHAYASANA 4

103. GOKHIL-SRAJ-BHUJANGASANA

104. EK- PAD-SKANDH-SRAJ MAKSHIKASANA

105. SRAJ- ANUPRASTH-PADANGUSTHASANA

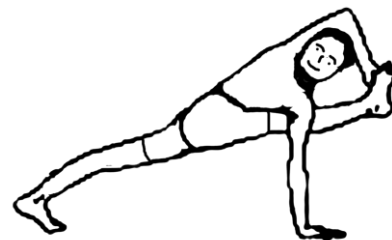
106. SARJ-UATKATASANA

107. ARDH-PADAM-SRAJ-UTTHIT-PASHCHIMOTANASANA

108. EK-PAD-SKANDH-SRAJ-UTTHIT-PASHCHIMOTANASANA

109. PARIVARTIT PRASARITA PADANGUSTHASANA

110. UTKAT-SRAJ-DANDYMAN- JANUSHIRASANA



101. SARJ-VISWAMITRASANA

1. Both legs straight & in one line with lifted leg's toe stretched.
2. Lifted leg gripped with opposite side hand near ankle with leg touching armpit of other hand.
3. One hand straight & perpendicular to ground with palm alignment of leg
4. Chest and face backward



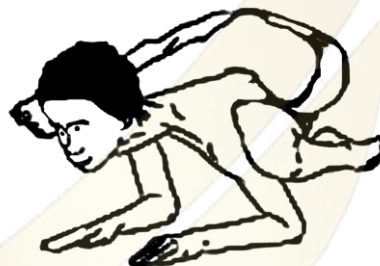
102. MARICHAYASANA 4

1. Both Knees to be bent , one toe to be placed on ground & other toe to be placed between the abdomen & thigh
2. After twisting trunk both hands to be gripped at back side.
3. Both shoulders in a line with alignment of folded knee and knee to be placed on ground
4. Face forward.



103. GOKHIL-SRAJ-BHUJANGASANA

1. Lock both the feet on the front waist bone, and the thighs at shoulder's width with at parallel to each other.
2. Both the calves to be gripped from outside with the opposite hands & after twisting the waist both shoulders in a line
3. Both thighs on ground with naval on air.
4. Face backward



104. EK- PAD-SKANDH-SRAJ MAKSHIKASANA

1. One heel to be touched to shoulder and other leg's thigh placed on armpit of opposite side.
2. Both elbows on ground and arms parallel to each other at shoulder width. Fingers together
3. Back maximum straight and both toes stretched out.
4. Face forward



105. SRAJ- ANUPRASTH-PADANGUSTHASANA

- 1 Both Legs straight and one leg crossing from back with both feet on ground.
2. Crossed leg's toe to be gripped by hand of the same side
3. After twisting trunk chest towards side with both shoulders in a line
4. Face upward



106. SARJ-UATKATASANA

1. Legs apart at shoulder's width with thighs parallel to ground.
2. Both knees to be gripped by opposite hands after twisting the waist.
3. shoulders in a line with chest facing backward.
4. Face backward.



107. ARDH-PADAM-SRAJ-UTTHIT-PASHCHIMOTANASANA

1. The folded leg's toe to be placed between the abdomen & thigh of straight leg, while other leg to be stretched & raised maximum up.
2. After twisting trunk both hands to be gripped at back side.
3. Both shoulders in a line with alignment of folded knee and knee to be placed on ground
4. Face backward



108. EK-PAD-SKANDH-SRAJ-UTTHIT-PASHCHIMOTANASANA

1. The folded leg's heel to be placed at opposite side of shoulder, while other leg to be stretched & raised maximum up.
2. After twisting trunk both hands to be gripped at back side.
3. Both shoulders in a line with alignment of straight leg with chest facing side
4. Face at side



109. PARIVARTIT PRASARITA PADANGUSTHASANA

1. Both legs straight & apart approx. 1.5 times of shoulders width
2. Both toes to be gripped with opposite hands and hands to be straight
3. After twisting trunk to front side chest to front side & shoulders, elbows are in one line & face forward.
4. Back maximum straight & stretched downward.



110. UTKAT-SRAJ-DANDYMAN- JANUSHIRASANA

1. One leg straight parallel to ground with toe pointing upward & Leg on ground to be bend, thigh parallel to ground and both knees touching each other.
2. After twisting trunk straight leg's toe to be gripped by both hand
3. Back maximum stretched with abdomen, chest, shoulders and chin touching the leg
4. Face upward



Yoga Ratan Syllabus

Open for All Age Group.

111. KURMASANA

112. EKA PADA SIKANDH PADOTTANASANA

113. EKA PADA SIKANDH PADOTTANASANA

114. EK-PAD-KATIBADH- UTTHIT-PASCHIMOTTANASANA

115. EKA PADA SIKANDH PADHASTASANA

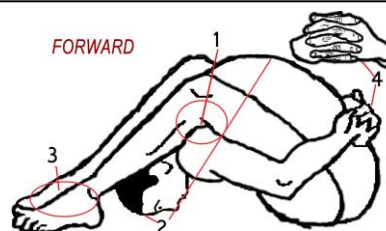
116. URDHVA TITIBHASANA

117. NIRLAMBA SARVANGASANA

118. DWI PADA SIKANDHASANA

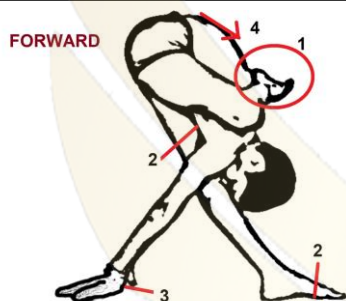
119. SUPT TITIBHASANA

120. EKA PADA SIKANDH PASHCHIMOTANASANA



111. KURMASANA

1. Head and arms to be inserted in between legs with shoulders under the knees.
2. Forehead to touch ground (closest to buttocks) with maximum arch of the back.
3. Feet joined & soles on ground in front of head.
4. Fingers to be interlocked on the back near buttocks.



112. EKA PADA SIKANDH PADOTTANASANA

1. Bent leg placed maximum down on back with toe pointing outside.
2. Abdomen, chest and forehead placing on straight leg with sole touching ground
3. Weight on hands with palms placing on ground
4. Back maximum Stretched



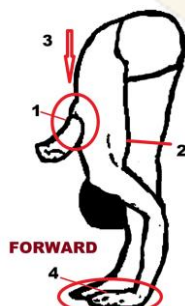
113. URDHVA PRASARITA KAK EKA PADHASTAASANA

1. Straight leg's heel and bent leg's knee in a straight line with toe touching stomach.
2. Abdomen, chest and forehead placing on straight leg with sole touching ground.
3. Body weight on hands with elbows placing on ground at shoulder width & parallel to each other.
4. Head (crown) touching straight leg toe.



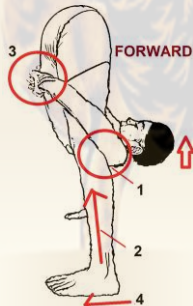
114. EK-PAD-KATIBADH-UTTHIT-PASCHIMOTTANASANA

1. One Leg straight & perpendicular to ground gripping heel with both palms & toes pointing up.
2. Back maximum stretched with abdomen, chest, shoulders & forehead touching leg.
3. Bent leg's toe placed in back with knee lifted.
4. Balance on buttocks.



115. EKA PADA SIKANDH PADHASTASANA

1. Bent leg placed maximum down on back with toe pointing outside.
2. Abdomen, chest and forehead placing on straight leg with sole touching ground
3. Back maximum Stretched.
4. Palms placing on ground



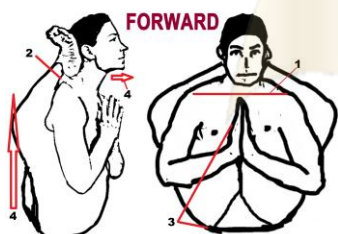
116. URDHVA TITIBHASANA

1. Shoulders placed on knee pit.
2. Both legs straight and thigh touching ribs
3. Fingers interlock on back near buttocks
4. Both soles parallel and pointing forward with face upward



117. URDHVA PRASARITA EKA PADA HASTAASANA

1. Both legs straight and in one line.
2. Chest, abdomen & forehead touching one leg.
3. Back maximum stretched.
4. Toe pointing upward & palm resting on ground



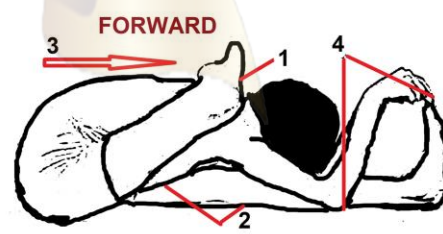
118. DWI PADA SIKANDHASANA

1. Chest straight in front with shoulders in one line.
2. Neck to be placed on the crossing of ankles and toes stretched out.
3. Balance on buttocks with hands joint together in front of chest
4. Back maximum straight with face forward.



119. SUPT TITIBHASANA

1. Shoulders placed on knee pit.
2. Both legs straight and thigh touching ribs
3. Fingers interlock on back near buttocks
4. Both toes pointing down with face forward



120. EKA PADA SIKANDH PASHCHIMOTANASANA

1. Bent leg placed maximum down on back with toe pointing outside.
2. Abdomen, chest and forehead placing on straight leg with knee pit on ground
3. Back maximum Stretched.
4. Elbows placing on ground and toe pointing up.



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Yoga Ratan Syllabus

Open for All Age Group.

121. BADDH-KARANPIDASANA

122. BADDH-TITIBHASANA

123. KOORPAR CHAKORASANA

124. KOORPAR YOGNIDRASANA

125.PADOU-HASTAY- SIRSHASANA

126.PRAPAD-PADOTTANASANA

127.SIRSH-CHAKORASANA

128.SIRSH-YOGNIDRASANA

129. URDH- PRASTARIT-EK-PAD- KOORPAR-CHAKORASANA

130. UTTHIT-URDHV PASHCHIMOTAANASANA



121. BADDH-KARANPIDASANA

1. Thigh & knees to touch abdomen, chest & shoulders.
2. Arms to be gripped by interlocking grip at lower back & gap in both legs to be at shoulders width.
3. Back and thighs to be straight.
4. Ankles touching ground



122. BADDH-TITIBHASANA

1. Legs stretched and straight, touching the back of the shoulders.
2. Arms to be gripped by interlocking grip at lower back.
3. Back maximum straight, with shoulder in one line.
4. Face forward.



123. KOORPAR CHAKORASANA

1. Folded leg's heel touching opposite side shoulder & toe stretched out.
2. Back, neck and head to be maximum straight.
3. Elbows & Palms (fingers closed) placed on ground at shoulder width & body lifted up at shoulder height.
4. Lifted leg straight and touching abdomen, forehead with stretched toe.



124. KOORPAR YOGNIDRASANA

1. Shoulders to be taken out from the crossing of legs.
2. Neck to rest on the crossing of ankles.
3. Elbows & Palms (fingers closed) placed on ground at shoulder width & body lifted up at shoulder height.
4. Back, neck and head to be maximum straight



125.PADOU-HASTAY- SIRSHASANA

1. Both feet placed on arms near armpit. Place the head on the ground, both 2. palms on the ground at shoulder width diagonally from the head.
3. Back maximum straight in line of head.
4. Face forward



126.PRAPAD-PADOTTANASANA

1. Both legs on toes and fingers placed on ground behind the legs
2. Hands inserted between legs with side of shoulders touching calf from side.
3. Both hands straight and stretched .
4. Back maximum straight



127.SIRSH-CHAKORASANA

1. Folded leg's heel touching opposite side shoulder & toe stretched out.
2. Head placing on ground, and head gripped by palms for sirshasana
3. Lifted leg straight and touching abdomen, and shoulder from side with stretched toe
4. Elbows placed on ground at shoulder width



128.SIRSH-YOGNIDRASANA

1. Shoulders to be taken out from the crossing of legs.
2. Neck to be touched on the crossing of ankles.
3. Head placing on ground, and head gripped by palms for sirshasana.
4. Elbows placed on ground at shoulder width



129. URDH- PRASTARIT-EK-PAD- KOORPAR-CHAKORASANA

1. Lifted leg straight and stretched toe with Back, neck and leg to be in a straight line.
2. Folded leg's heel touching opposite side shoulder & toe stretched out.
3. Elbows & Palms (fingers closed) placed on ground at shoulder width & body lifted up at shoulder height
4. Face upward from front



130. UTTHIT-URDHV PASHCHIMOTAANASANA

1. Legs stretched and straight, touching abdomen, chest and forehead.
2. Arms parallel to each other up to shoulder width.
3. Back maximum straight, gaze forward.
4. Both palms on the ground with fingers together.



Yoga Ratan Syllabus

Open for All Age Group.

131. VISHVAMITRASANA

132. VIBHAKTA VIPARIT SUPTASANA

133. SETU BANDHASANA

134. SAYANASANA

135. NIRLAMB SIRSASANA

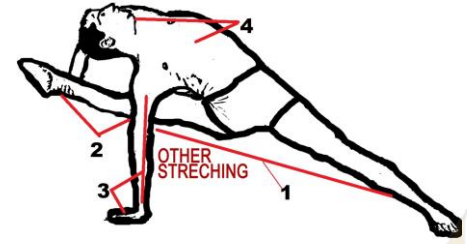
136. NIRLAMBA SARVANGASANA

137. GORAKSASANA

138. KANDASANA

139. VAMDEVASANA

140. MULABANDHASANA



131. VISHVAMITRASANA

1. Both legs straight & in one line with lifted leg's toe stretched.
2. Lifted leg gripped with opposite side hand near ankle with knee touching shoulder
3. One hand straight & perpendicular to ground with palm alignment of leg
4. Chest forward and face upward

OTHER



132. VIBHAKTA VIPARIT SUPTASANA

1. Stretch leg in front & back with thighs hips & heels in straight line & touching the ground.
2. Body should bend backward with cranium touching thigh at back.
3. Arms maximum straight, gripping the leg near ankle with both the palms.
4. Gaze backside.

133. SETU BANDHASANA

1. Forehead placed on ground
2. Both legs straight & feet on ground
3. Hand interlock both palms touching opposite elbows
4. Buttocks maximum up.

134. SAYANASANA

1. Balance on elbows.
2. Both legs straight with knees, heels & toes together, toes pointing upward
3. Back, buttocks & legs making arch and heels in alignment of neck.
4. Chin placed on palm with gaze in front



135. NIRLAMB SIRSASANA

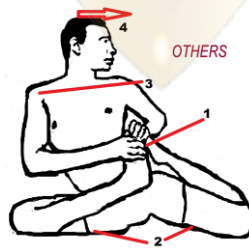
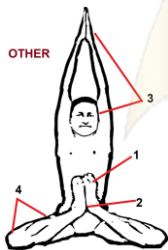
1. Front portion of the head placed on ground
2. Head, back, buttocks and legs in one line.
3. Hands straight and lifted upward, touching buttock from side and fingers pointing upward
4. Toes pointing upward

136. NIRLAMBA SARVANGASANA

1. Leg hips up to shoulder in maximum straight line
2. Both hands elbows straight & thumbs of both hands touch the thigh.
3. Chin touching chest and gaze towards toes
4. Toes pointing upward.

137. GORAKSASANA

1. After assuming padmasana , balance on knees
2. Thighs, buttocks, back & head in straight line
3. Hand folded in front of chest
4. Gaze forward



138. KANDASANA

1. Inner edges of both feet touching each other
2. Placing both feet on stomach touching inner edge on stomach & heels side naval.
3. Namaskar mudra over the head keeping hand straight and stretched up, touching shoulders to ears.
4. Thighs and knees on the ground, face forward and gazing in front.

139. VAMDEVASANA

1. Both toes touch each other
2. Both thighs on the ground
3. Shoulder in a straight line
4. Gaze in back side

140. MULABANDHASANA

1. Both heels and toes touching each other and touching ground from side.
2. Toes face back side and heels facing front side.
3. Both buttocks on the feet and back maximum straight
4. Hand placed on knees & gaze in front



Yoga Ratan Syllabus

Open for All Age Group.

- 141. KATI-BADH-VISHVAMITRASANA
- 142. ARDH-BADH-PADAM-PARIGRAHSANA
- 143. EK-PAD-SKANDH-CHATURANGASANA
- 144. PARIVARTIT-UTPLUTI-DANDASANA
- 145. PURN PARSHVA CHAKRA UTKATASANA
- 146. PURN-PRASTARIT-PAD-SHALBHASANA
- 147. SANKHYASANA
- 148. UTPLUTI-DANDASANA
- 149. EK-HASTH-MAYURASANA
- 150. URDHAV-SHALBHASANA



141. KATI-BADH-VISHVAMITRASANA

1. Leg on ground to be bent with toe locked at waist bone.
2. Lifted leg in a line with knee of grounded leg and leg to be gripped with opposite side hand near ankle with knee touching shoulder
3. One hand straight & perpendicular to ground with palm alignment of leg
4. Chest and face forward



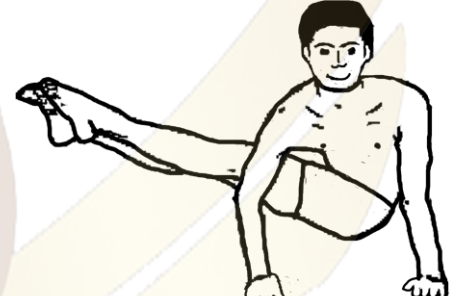
142. ARDH-BADH-PADAM-PARIGRAHSANA

1. Folded leg toe to be placed on thigh of opposite thigh. And other leg to be straight .
2. Both hands to be gripped at back after covering straight leg.
3. Back to be straight and bent upto shoulder touch the straight leg.
4. Face upward



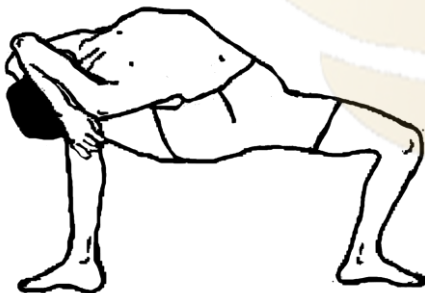
143. EK-PAD-SKANDH-CHATURANGASANA

1. Arms straight and parallel to each other at shoulders width with fingers together.
2. One leg placed on back of the shoulder and heel touching opposite shoulder.
3. Leg on ground to be straight and in a line of back
4. Face forward



144. PARIVARTIT-UTPLUTI-DANDASANA

1. Both legs to be straight, together and on the arms above the elbows.
2. Arms straight and parallel to each other at shoulders width with fingers together.
3. Thigh to be placed on one arm after twisting trunk
4. Face forward.



145. PURN PARSHVA CHAKRA UTKATASANA

1. Both legs bent and both thighs parallel to ground with toes facing outside
2. Make arch with spin and chest facing up
3. Knee to be gripped with both hands with back of the head touching one knee.
4. Facing upward



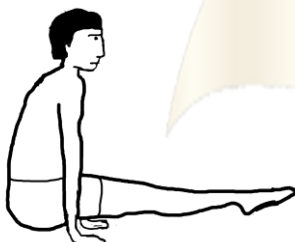
146. PURN-PRASTARIT-PAD-SHALBHASANA

1. Both legs stretched opposite in a line and toes touching ground.
2. Both calves to be gripped with hands with chest placed on ground
3. Neck, back and buttocks making arch & buttocks in the line of neck.
4. Face raised up and facing upward



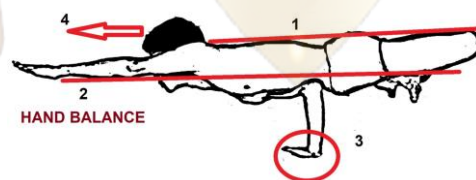
147. SANKHYASANA

1. One toe placed on ground and other leg placed on back of the shoulder and heel touching opposite shoulder
2. Back maximum straight with shoulders in one line.
3. Thigh parallel to ground and hands join in front of chest
4. Face forward



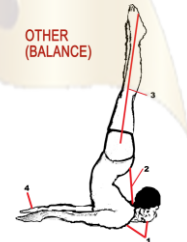
148. UTPLUTI-DANDASANA

1. Both legs straight, together and raised up and parallel to ground.
2. Arms straight and parallel to each other at shoulders width with fingers together.
3. Thigh to be touched at below of elbows with back maximum straight.
4. Face forward.



149. EK-HASTH-MAYURASANA

1. Raised hand, back, buttocks and knees in one line.
2. Elbow placed on naval and palm placed on ground in side
3. Other hand raised up at shoulder height with hand parallel to ground.
4. Face forward



150. URDHAV-SHALBHASANA

1. Both legs stretched upward in the line of neck.
2. Legs together and hands parallel to each other at the width of shoulder
3. Neck, back and buttocks making arch & buttocks in the line of neck.
4. Chest, neck, chin placing on ground