
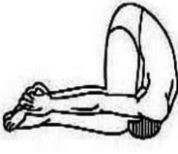



















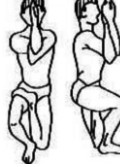



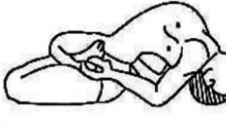





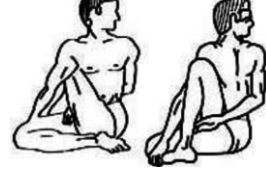



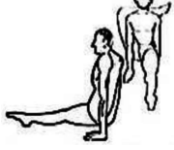

















Federation of Indian Yoga Alliance

Affiliated to- Sports Yoga Alliance Intenational

<p>6 yrs to 10 yrs</p>	 <small>Padahasthasana</small>	 <small>Shashankasana</small>	 <small>Ushtrasana</small>	 <small>Chakrasana</small>	 <small>Sarvangasana</small>	 <small>Vibhkt Paschimotthanasana</small>	 <small>Matsyasana</small>	 <small>Purna Supta Vajrasana</small>	 <small>Vrikshasana</small>	 <small>Akarna Dhanurasana</small>
<p>11 yrs to 15 yrs</p>	 <small>Garabhasana</small>	 <small>Eka Pada Sikandasana</small>	 <small>Dhanurasana</small>	 <small>Padama Mayurasana</small>	 <small>Chakrasana</small>	 <small>Bakasana</small>	 <small>Virbhadasana</small>	 <small>Sirshasana</small>	 <small>Utthita Paschimotthanasana</small>	 <small>Yoga Nidrasana</small>
<p>16 yrs to 22 yrs</p>	 <small>Dandyaman Janusirshasana</small>	 <small>Vatayanasana</small>	 <small>Purna Matsyendrasana</small>	 <small>Parivartita Parshvakonasana</small>	 <small>Virbhadasana</small>	 <small>Matsyasana</small>	 <small>Dimbasana</small>	 <small>Padma Sarvangasana</small>	 <small>Coundinyasana</small>	 <small>Dhanurasana</small>
<p>23 yrs to 28 yrs</p>	 <small>Garudasana</small>	 <small>Ardha Matsyendrasana</small>	 <small>Eka Pada Chakrasana</small>	 <small>Ushtrasana</small>	 <small>Padma Sarvangasana</small>	 <small>Halasana</small>	 <small>Utthit Eka Pada Shikandhasana</small>	 <small>Purna Dhanurasana</small>	 <small>Utthita Paschimotthanasana</small>	 <small>Matsyasana</small>
<p>29 yrs to 35 yrs</p>	 <small>Vrikshasana</small>	 <small>Paschimotthanasana</small>	 <small>Sarvangasana</small>	 <small>Ushtrasana</small>	 <small>Ardha Matsyendrasana</small>	 <small>Akarna Dhanurasana</small>	 <small>Padahasthasana</small>	 <small>Matsyasana</small>	 <small>Halasana</small>	 <small>Virbhadasana</small>
<p>36 yrs to 45 yrs</p>	<p>Any 5 asanas of your own choice</p>									
<p>46 yrs to 60 Yrs</p>	<p>Any 5 asanas of your own choice</p>									
<p>61 yrs & above</p>	<p>Any 5 asanas of your own choice</p>									