

# CONTAI PUBLIC SCHOOL

## FOR YOGA COMPETITION - 2026

CLASS IV
VEKASANA
USTRASANA
BHUJANGASANA
VAKRASANA
CHAKRASANA
AKARNA DHANURASANA
TRIKONASANA
TARASANA
UTHAN PADASANA
ARDHA CHANDRASANA

CLASS V & VI
PADAHASTASANA
TRIKONASANA
CHAKRASANA
DHANURASANA
BRIKHASANA
HALASANA
USTRASANA
VAKRASANA
SASANGASANA
AK PADA SKANDHASANA

CLASS VII & VIII
SARBANGASANA
TRIKONASANA
PURNA CHAKRASANA
USTRASANA
BAKASANA
ARDHA MATSENDRASANA
GARURASANA
MATSASANA
PASCHIMOTTANASANA
PARIVRUTA JANUSHIRASANA

CLASS IX - ONWARDS
VEERVADRASANA
PASCHIMOTTANASANA
SARBANGASANA
MATSASANA
BAKASANA
ARDHA MATSENDRASANA
VATAYANASANA
GARURASANA
SETUBANDHASANA
PURNA DHANURASANA

### RULES

1. ANY 3(THREE) ASANAS HAVE TO PERFORMED OF THEIR OWN CHOICE FROM ABOVE LIST AND ONE OPTIONAL ASANA OUT OF THE LIST HAVE TO BE PERFORMED. **(FOR CLASS IV ONLY)**
2. ANY 3(THREE) ASANAS HAVE TO PERFORMED OF THEIR OWN CHOICE FROM ABOVE LIST AND TWO OPTIONAL ASANA OUT OF THE LIST HAVE TO BE PERFORMED. **(FOR CLASS V TO ONWARDS)**
3. SKIN TIGHT COSTUME IS ALLOWED.
4. JUDGES DECISION WILL BE FINAL.

**SUKUMAR PRADHAN**  
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