



INTERNATIONAL YOGA FEDERATION
IYF
SPORTING AND TECHNICAL RULES BOOK
2024-2026

www.internationalyogafederation.com.tr

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OBJECTIVES OF THE INTERNATIONAL YOGA FEDERATION

Our main goal is to govern Yoga and elevate it to the status of an official Olympic sport. We assist individuals in countries where Yoga has not yet been developed to establish National Yoga Federations.

We are committed to combating the use of prohibited drugs, all forms of violence, and injustice in all sports.

The International Yoga Federation does not permit any political, racial, or religious discrimination among its members. In all IYF activities, all members must conform to the requirements of fair play and non-discrimination.

ANTI-DOPING FIGHT

All forms of doping are strictly prohibited.

The list of banned substances is published and regularly updated by WADA.

In the IYF Anti-Doping Rules, anti-doping provisions are stated in conjunction with the World Anti-Doping Code.

GENDER EQUALITY

Yoga is a sport that is more popular among women than men. As yoga becomes more popular, the participation of women in sports overall will increase proportionally, leading to a positive impact on gender equality.

INTERNATIONAL YOGA FEDERATION
THE SPORTING AND TECHNICAL RULES BOOK (STRs)
FOR ALL CATEGORIES

INTRODUCTION

The Sporting and Technical Rules (STRs) include rules for the following categories and divisions:

PART 1

THE YOGA GAMES' RULES

Purpose

Article 1

The purpose of this regulation is to ensure that national, international, and related events and organizations are managed in accordance with the rules of the International Yoga Federation (IYF).

Scope

Article 2

This instruction shall be distributed to all national yoga games held under the International Yoga Federation (IYF), including clubs, managers, coaches, referees, representatives, observers, athletes, and other participating officials.

Article 3

3.1. Organization of the Yoga Games

National Yoga Organization (NYO) has to organize the National Yoga Games.

3.2. The duties of the National Yoga Organization

- a) To organize the National Yoga Games.
- b) To find a suitable place and date for the yoga games
- c) To announce the yoga games and ensure that all relevant organizations have the promotional and advertising materials.
- d) To organize the athlete order for stage performances in accordance with regulations.
- e) To select the referees to assign to the yoga games.
- f) To assign the scoring team
- g) To provide certificates and medals for the winning athletes and other participants.
- h) To organize the award ceremony.
- i) To maintain continuous communication with IYF.

3.3. The Yoga Games Period

The yoga games season starts on January 1st and ends on December 31st.
National Yoga Games are held every year.
The organizing committee decides the date and location of the national yoga games.

PARTICIPATION IN THE YOGA GAMES

Article 4

4.1. Participation

An athlete can participate in yoga games on behalf of their organization or on behalf of themselves.

The exact deadline for registration will be announced by the Organizing Committee.

For Kids:

A written permission from the parent or guardian is required to participate in the yoga games.

4.2. Registration

The registration for the yoga games must be completed before the deadline.

PERFORMANCE ORDER FOR ATHLETES

Article 5

The organizing committee determines the sequence for athletes' stage entrance.

The order of the divisions is decided by the organizing committee.

THE YOGA GAMES AREA

Article 6

The suitability of the yoga games area is determined by the NYO.

Only athletes, coaches, and referees participating in the yoga games are allowed access to the area. In addition, medical and technical staff can access the yoga games area if necessary.

CATEGORIES IN THE YOGA GAMES

Article 7

There are 8 categories recognized by the International Yoga Federation. The organizing committee will determine which categories will be included in the yoga games.

Categories are as follow:

1. Yoga Acrobatic (Acro Yoga)
2. Yoga Artistic
3. Yoga Asana
4. Yoga Athletic
5. Yoga Choreography
6. Yoga Dance
7. Yoga Flow

8. Yoga Rhythmic

DIVISIONS IN THE YOGA GAMES

Article 8

For each category, the divisions are as follows:

7.1. By the number of participants:

1. Artistic, Asana, and Flow categories: Individual
2. Athletic Category: Individual or more people
3. Acrobatic, Choreography, Dance, and Rhythmic categories: Two or more people.

7.2. By Participant's Age

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

7.3. By Gender

1. Women
2. Men
3. Mixture

THE YOGA GAMES'S OUTFIT

Article 9

The athlete is free to choose the outfit for the performance.

The athlete's outfit must be in an appropriate form so that the poses can be clearly seen by the referees.

THE YOGA GAMES OFFICERS

Article 10

9.1. Referees

At least three referees who are registered on NYO should be present at the yoga games.

9.2. Timekeeper

At least one timekeeper must be present at the yoga games.

9.3. Score holder

If necessary, the score holder might be required. The duty of the Score Holder is to collect the referees' scores and time, input them into the computer system, and ensure that all scores are calculated correctly.

PERFORMING

Article 11

Coaching Assistance

During the performance, coaches and trainers are not allowed to communicate with athletes under any circumstances.

REFEREES AND JUDGING OF THE YOGA GAMES

Article 12

11.1 The Referee

All referees must have NYO Referee Certification and be registered on the NYO website.

In every yoga games under NYO, a referee panel should be set consisting of a minimum of 3 referees.

The national referees must participate in the IYF/NYO Referee Certification Program and become certified.

After three year of service, a national referee can also participate in the IYF International Referee Certification Program and become certified as an International Referee. All international referees can serve as the head referee. IYF will recommend these referees to officiate both international and national yoga games.

11.2. Judging

For each category, the referees assess the athletes' demonstration of the following criteria:

1. Artistic criteria: Artistic features, harmony, and presentation are assessed.
2. Technical criteria: The difficulty, accuracy, and comfort of postures and transitions are assessed.

PROMOTION

Article13

All NYOs and related organizations must promote and advertise all the yoga games and festivals.

DISQUALIFICATION

Article 14

When an athlete is disqualified from a yoga games, he cannot participate in the next yoga games.

AWARDS

Article 15

14.1. Medals

Gold, silver, and bronze medals are awarded to the winning athletes.

14.2. Certificate of Merit

The recipients of the gold, silver, and bronze medals receive a Certificate of Merit in recognition of their success.

14.3. Certificate of Participation

All athletes may receive a Certificate of Participation for their involvement.

14.3. Awards Ceremony

In all yoga games, an award ceremony has to be held immediately after the yoga games.

ANTI-DOPING FIGHT

Article 16

All forms of doping are strictly prohibited. The World Anti-Doping Agency publishes and updates the list of prohibited substances.

The anti-doping rules and provisions are outlined in accordance with the World Anti-Doping Code and its related processes.

GENDER EQUALITY

Article 17

In a yoga games organization, gender equality should be taken into consideration in all units.

PART 2

RULES AND SCORING FOR EACH CATEGORY

YOGA ACROBATIC (ACROYOGA)

Yoga Acrobatic combines yoga postures and acrobatics. Yoga Acrobatic includes many types of poses and movements. Partner and group acrobatics involve lifting at least one person. The success of this partnered yoga technique depends on the team's ability to communicate effectively with each other. Properly giving cues to move as one unit in synchronized flow to perform Yoga Acrobatic.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic

- Harmony among athletes
- Comfort in the postures and transitions
- Execution
- Difficulty
- Timing

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's execution number: 2 or more

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

The score calculation is the same for all divisions.

YOGA ARTISTIC

Artistic Yoga consists of a series of yoga postures that create an uninterrupted cascade of asanas. Artistic yoga incorporates the use of music, costumes, good taste, natural art, rhythm of execution, and breath work. The routine should be performed to tastefully selected music. The postures are connected through the use of intercalary postures, which create a smooth transition between two postures with minimal weight displacement and time. In artistic yoga, it is essential to express the joy of movement. The athlete should strive to achieve a state of empathy and connection with the referees and the audience. The success of a yoga athlete's performance depends on their ability to gracefully execute asanas with creative expression. Creativity and individual expression combined with beautiful asanas are key to practicing Artistic Yoga.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the poses and transitions
- Timing

- Choreography
- Music

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The number of the athlete in the execution: Individual (only 1 athlete performs artistic yoga).

Divisions by Age:

Kids aged 4-17

Adults aged 18-49

Seniors aged 50+

The score calculation is the same for all divisions.

Divisions by Gender:

4. Women
5. Men

YOGA ATHLETIC

The three basic components of Yoga Athletic performance are power, balance, and flexibility. These components are expected to be fully functional and in sync. The postures must be executed correctly and clearly. Durability and stability are considered during transitions between postures. One or more athletes can attend the presentation.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the poses and during transitions,
- Timing

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's execution number: 1 athlete

Divisions by Age:

1. Kids aged 4 to 17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

YOGA CHOREOGRAPHY

The yoga choreography execution must have a theme and a name. The theme should have a clear narrative that takes the viewer on an imaginative journey with a beginning, middle, and end. Choreography should be based on ideas and creativity, complemented by a concept, appealing costumes, makeup that reflects the concept, and strong presentation and expression. Live singing or music is permitted in this field. The participants' ability to use their artistic vision to depict the theme and develop a strong concept is more important than technique. All submissions are assessed based on artistic value, creativity, and interpretation of the theme. In yoga choreography, the message about the theme (audio, visual) can be presented upon request.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Theme
- Interpretation of the theme
- Harmony between the theme, postures, costumes, make-up, transition figures, and music, as well as harmony between the athletes.
- Comfort in the postures and transitions.
- Execution
- Difficulty
- Timing

DURATION

Execution must take between 5-7 minutes.

DIVISIONS

The athlete's execution number: 3 or more

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender

There are no gender divisions

The score calculation is consistent across all divisions.

YOGA DANCE

Yoga Dance is a fusion of yoga postures and dance movements. The body, yoga postures, dance movements, costumes, and music rhythm must be in harmony. A couple can participate in the yoga dance category. Pairs can consist of women, men, or a mix.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution Difficulty
- Comfort in postures and transitions
- Timing
- Dancing Skills
- Harmony with music
- Harmony between partners

DURATION

The execution must take 3 minutes.

DIVISIONS

The athlete's number during the performance: 2 or more athletes

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mixture

The score calculation is consistent across all divisions.

YOGA FLOW

On the stage and under the spotlight, the success of a yoga athlete's performance depends on their ability to transition smoothly and seamlessly. Fluid transitions without strain or haste are key to mastering flow. Yoga Flow assesses the proper execution of asanas, including alignment, flexibility, strength, and balance.

There is an uninterrupted flow between the postures. There is no transitioning jumping from one posture to another.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the postures and during transitions
- Timing
- Flow

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's number during the performance: Individual (only 1 athlete)

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men

The score calculation is consistent across all divisions.

YOGA RHYTHMIC

Yoga Rhythmic performance is presented in a group. The athletes must perform the postures at the same time and in the same way to the rhythm of the music in the background. In order to synchronize the postures, the athletes can do them in the same direction or as a reflection of each other in a mirror. The postures should be done by each person to the same extent and at the same time.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

JUDGING

The judging criteria are as follows:

- Artistic
- Execution
- Difficulty
- Comfortable breathing in the postures and during transitions
- Timing
- Synchronization of Music
- Choreography

DURATION

The execution must be completed within 3 minutes.

DIVISIONS

The athlete's identification number during the event: 2 or more athletes

Divisions by Age:

1. Kids aged 4-17
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men
3. Mix

The score calculation is consistent across all divisions.

YOGA ASANA

On the stage and under the spotlight, the success of a yoga athlete's performance depends on their ability to "master the moment."

Working in harmony with the mind, body, breath, balance, strength, and postural alignment is essential for the skillful execution of Asanas.

One athlete must be at the presentation.

POSTURES

The athletes should select at least 6 poses from IYF's Posture List.

Posture Order:

The athlete is free how to perform the posture order.

The posture order must be submitted by the athlete at the time of registration.

Posture List:

The Organizing Committee must review the posture list within 2 days of submission and inform the athlete of the results accordingly.

Posture Groups:

The Posture List consists of 6 postures selected from each mandatory posture group. It is suggested to choose 1 posture from each group.

1. Backbends
2. Forward Bends
3. Traction
4. Twists
5. Lifts
6. Inversions

Posture Characteristics:

The athlete must demonstrate each of the characteristics at least twice during the performance.

Balance Flexibility Strength

If the posture list is not approved, the athlete has two days to submit a new posture list.

To adjust the posture:

After the Posture List is submitted, the athlete has the right to change the posture with another posture from the Posture List until 1 hour before the yoga games by accepting the score adjustment.

The athlete must announce the name of the posture on the stage before performing it.

Posture Timing:

Each posture must be held for at least 3 seconds.

Each performance or routine must be completed within 3 minutes.

JUDGING

Referees must use the IYF Posture List for judging.

The judging criteria are as follows:

- Balance, Flexibility, Strength
- Stillness in the Posture
- Comfortable breathing in the postures and transitions
- Timing
- Performance of the postures in the correct order
- Performance of the postures in the correct manner is explained in the IYF Posture List.

DIVISIONS

The athlete's identification number during the event: Individual (only 1 athlete)

Divisions by Age:

1. Kids 4- 17 Ages
2. Adults aged 18-49
3. Seniors aged 50+

Divisions by Gender:

1. Women
2. Men





INTERNATIONAL YOGA FEDERATION SPORTING AND TECHNICAL RULES

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THE LIST OF POSTURES

2024

GROUPS

The List of the Postures consist of 6 groups.

- 1. Backbends**
- 2. Forwardbends**
- 3. Traction**
- 4. Twist**
- 5. Lifts**
- 6. Inversions**

1.Backbends



	POSTURE	DIFFICULTY	CHARACTERISTIC
1.1.	BRIDGE	3	Strength
1.2.	RECLINED THUNDERBOLT	3	Flexibility
1.3.	FISH	4	Flexibility
1.4.	UPWARD PLANK	4	Strength
1.5.	CAMEL	4	Flexibility
1.6.	TIGER	4	Balance, Flexibility
1.7.	KING OF DANCE	5	Balance, Flexibility
1.8.	WHEEL	5	Flexibility, Strength
1.9.	HALF MOON	5	Flexibility
1.10.	PIGEON	5	Flexibility
1.11.	KING PIGEON	6	Balance, Flexibility
1.12.	BIG TOE	6	Balance, Flexibility
1.13.	ONE LEGGED WHEEL	6	Balance, Flexibility, Strength
1.14.	STRAIGHT LEG WHEEL	6	Flexibility
1.15.	BOW	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
1.16.	ONE LEGGED CAMEL	6	Balance, Flexibility
1.17.	HOLDING KNEES CAMEL POSE	6	Flexibility
1.18.	FULL CAMEL A	7	Flexibility
1.19.	FULL CAMEL B	7	Flexibility
1.20.	HOLDING FOOT WHEEL POSE	7	Flexibility
1.21.	STANDING BOW PULLING	7	Balance, Flexibility
1.22.	DOWNWARD FACING DOG FOOT TO HEAD	7	Balance, Flexibility
1.23.	FULL COBRA	7	Flexibility
1.24.	LOCUST SCORPION	7	Flexibility, Strength
1.25.	FULL BOW	8	Flexibility
1.26.	BOUND WHEEL	8	Flexibility
1.27.	BOUND ONE LEGGED WHEEL	8	Balance, Flexibility,Strength
1.28.	FULL HALF MOON	8	Flexibility
1.29.	SPLIT ARM	8	Balance, Flexibility
1.30.	CAMEL RAISED TOE	8	Flexibility

1.1. BRIDGE



DIFFICULTY: 3

CHARACTERISTIC:
Strength

GROUP:
Backbends



1.2. RECLINED THUNDERBOLT



DIFFICULTY: 3

CHARACTERISTIC:
Flexibility

GROUP:
Backbends

1.3. FISH



DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.4. UPWARD PLANK



DIFFICULTY:4

CHARACTERISTIC:
Strength

GROUP:
Backbends

1.5.CAMEL

DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Backbends

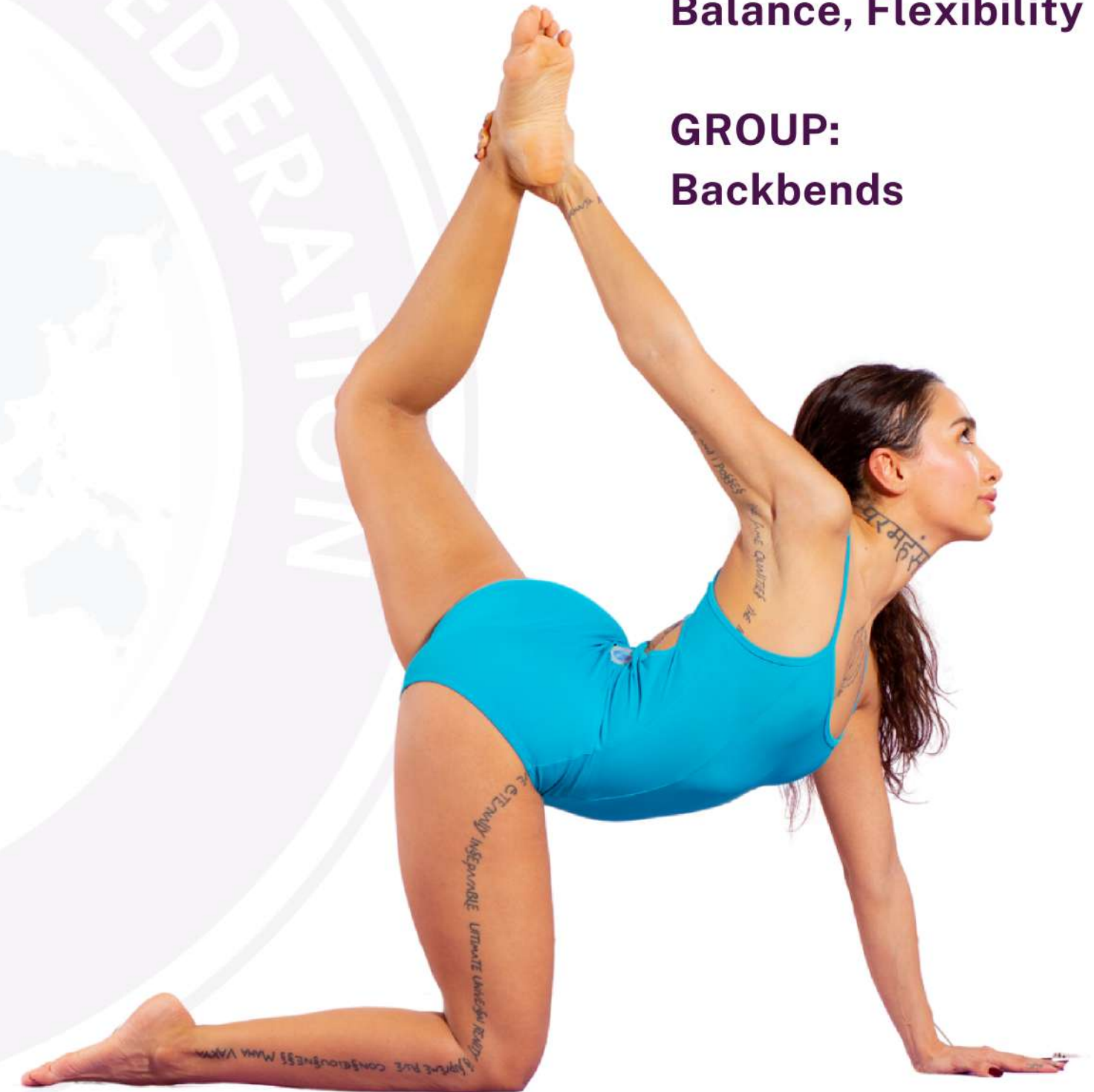


1.6.TIGER

DIFFICULTY: 4

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



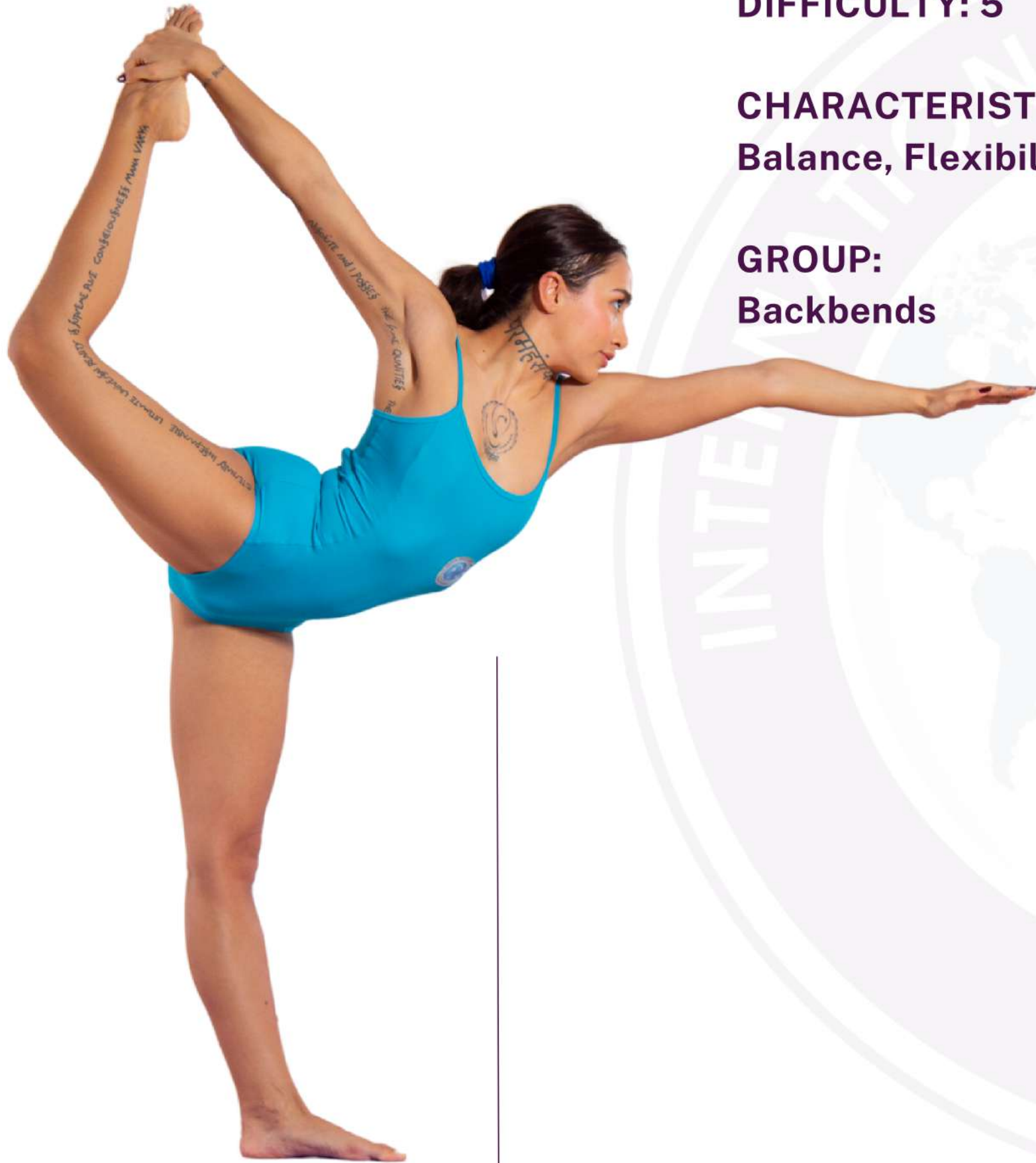
1.7.KING OF DANCE



DIFFICULTY: 5

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.8.WHEEL

DIFFICULTY: 5

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Backbends



1.9. HALF MOON



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.10. PIGEON

DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.11.KING PIGEON

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.12.BIG TOE

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.13. ONE LEGGED WHEEL



1.14. STRAIGHT LEG WHEEL

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Backbends



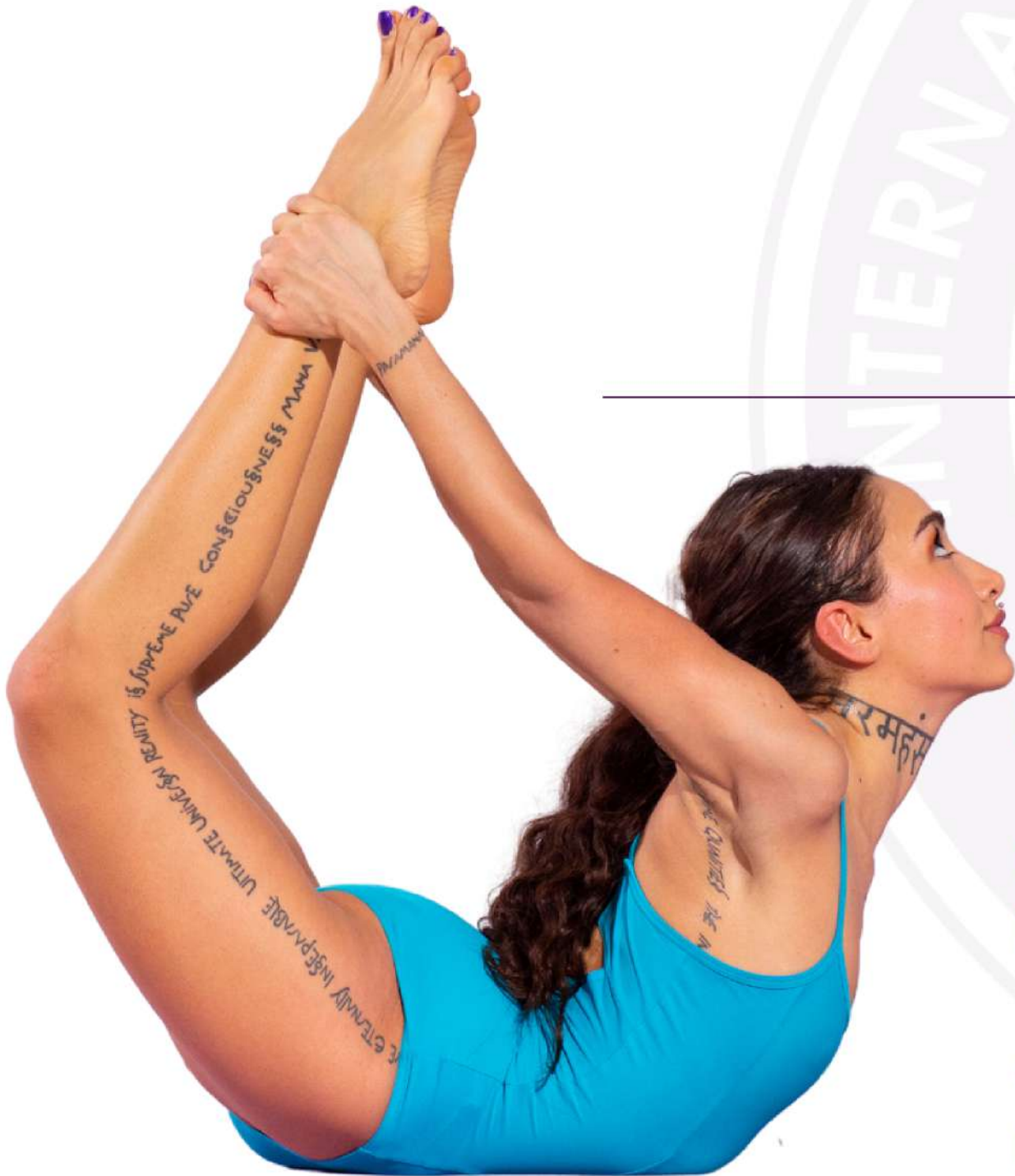
DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.15.BOW



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Backbends

1.16.ONE LEGGED CAMEL



DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends

1.17.HOLDING KNEES CAMEL



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.18.FULL CAMEL A

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.19.FULL CAMEL B



DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Backbends

1.20.HOLDING FOOT WHEEL

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.21.STANDING BOW PULLING



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.22.DOWNWARD FACING DOG FOOT TO HEAD

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.23.FULL COBRA



DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.24.LOCUST SCORPION

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Backbends



1.25.FULL BOW



DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.26.BOUND WHEEL

DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



1.27.BOUND ONE LEGGED WHEEL



1.28.FULL HALF MOON

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Backbends



DIFFICULTY:8

CHARACTERISTIC:
Flexibility

GROUP:
Backbends

1.29.SPLIT ARM

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Backbends



1.30.CAMEL RAISED TOE

DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Backbends



2.Forwardbends



	POSTURE	DIFFICULTY	CHARACTERISTIC
2.1.	RIGHT ANGLE	3	Flexibility, Strength
2.2.	HEAD TO TOE	3	Balance, Flexibility
2.3.	BOAT	3	Strength
2.4.	BOUND ANGLE	3	Flexibility
2.5.	GARLAND	4	Flexibility
2.6.	HEAD TO STRADDLE	4	Flexibility
2.7.	PYRAMID	4	Balance, Flexibility
2.8.	PLOW	4	Flexibility
2.9.	EAR TO KNEE	5	Flexibility
2.10.	FORWARD ARMS UP	5	Flexibility
2.11.	FROG	5	Flexibility
2.12.	SPLIT (WITH FORWARD BEND)	5	Flexibility
2.13.	STANDING FORWARD BEND	5	Flexibility
2.14.	GUILLOTINE	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
2.15.	FETAL LOTUS	6	Balance, Flexibility
2.16.	RABBIT	6	Flexibility
2.17.	KNEES TO HEAD PLOW POSE	6	Flexibility
2.18.	LEG BEHIND HEAD FORWARD BEND	6	Flexibility
2.19.	SLEEPING YOGI	6	Flexibility
2.20.	ONE LEGGED STRETCHING FORWARD	6	Flexibility,Strength
2.21.	ONE LEG BALANCING FORWARD BEND	7	Balance, Flexibility
2.22.	FORWARD BEND GOOD BYE	7	Balance, Flexibility
2.23.	STANDING HEAD TO KNEE	7	Balance, Flexibility,Strength
2.24.	BOUND LOTUS	7	Flexibility
2.25.	BOUND INVERTED TORTOISE	7	Flexibility
2.26.	TORTOISE	7	Flexibility
2.27.	TORTOISE LIFTING	8	Balance, Flexibility,Strength
2.28.	LOTUS PLOW POSE	8	Flexibility

2.1. RIGHT ANGLE



DIFFICULTY: 3

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Forwardbend



2.2. HEAD TO TOE



DIFFICULTY: 3

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Forwardbend

2.3.BOAT



DIFFICULTY: 3

CHARACTERISTIC:
Strength

GROUP:
Forwardbend

2.4.BOUND ANGLE



DIFFICULTY: 3

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

2.5.GARLAND



DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

2.6.HEAD TO STRADDLE

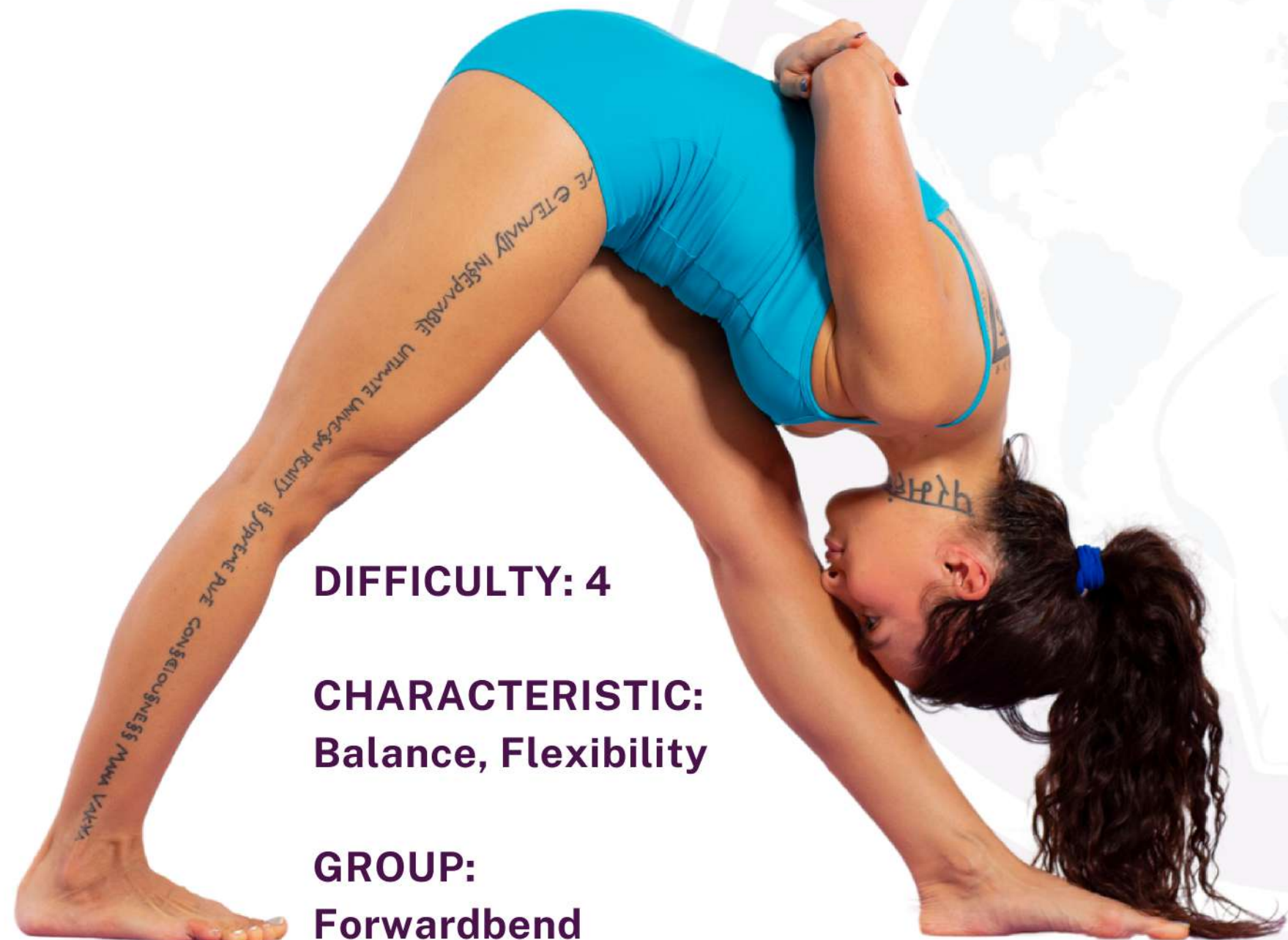
DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.7.PYRAMID



DIFFICULTY: 4

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Forwardbend

2.8.PLOW

DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.9.EAR TO KNEE



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.10.FORWARD ARMS UP

DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.11.FROG



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.12.SPLIT (WITH FORWARD BEND)



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

2.13.STANDING FORWARD BEND



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.14.GUILLOTINE

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

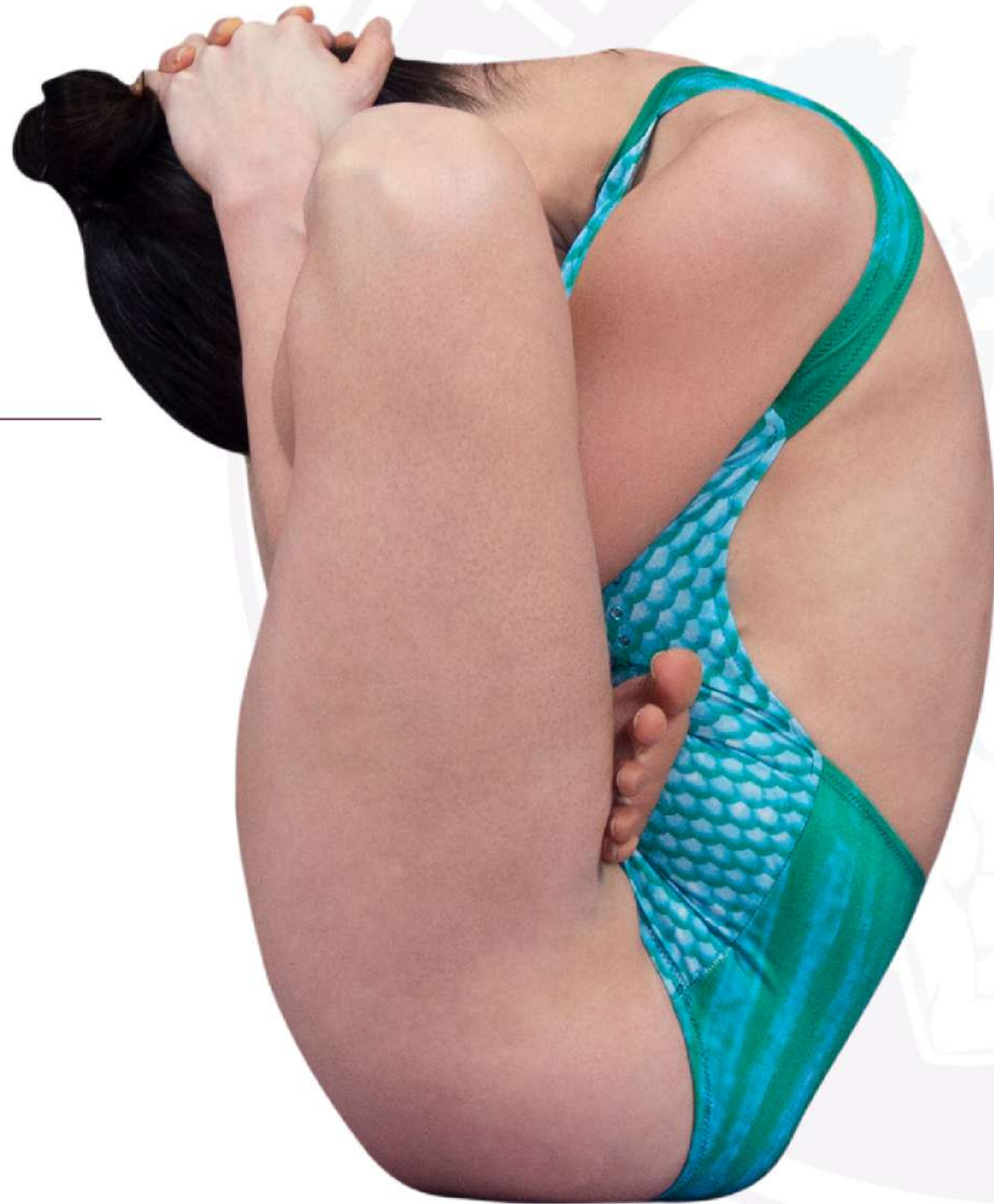


2.15.FETAL LOTUS

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.16.RABBIT

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.17.KNEES TO HEAD PLOW POSE

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.18.LEG BEHIND HEAD FORWARD BEND

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



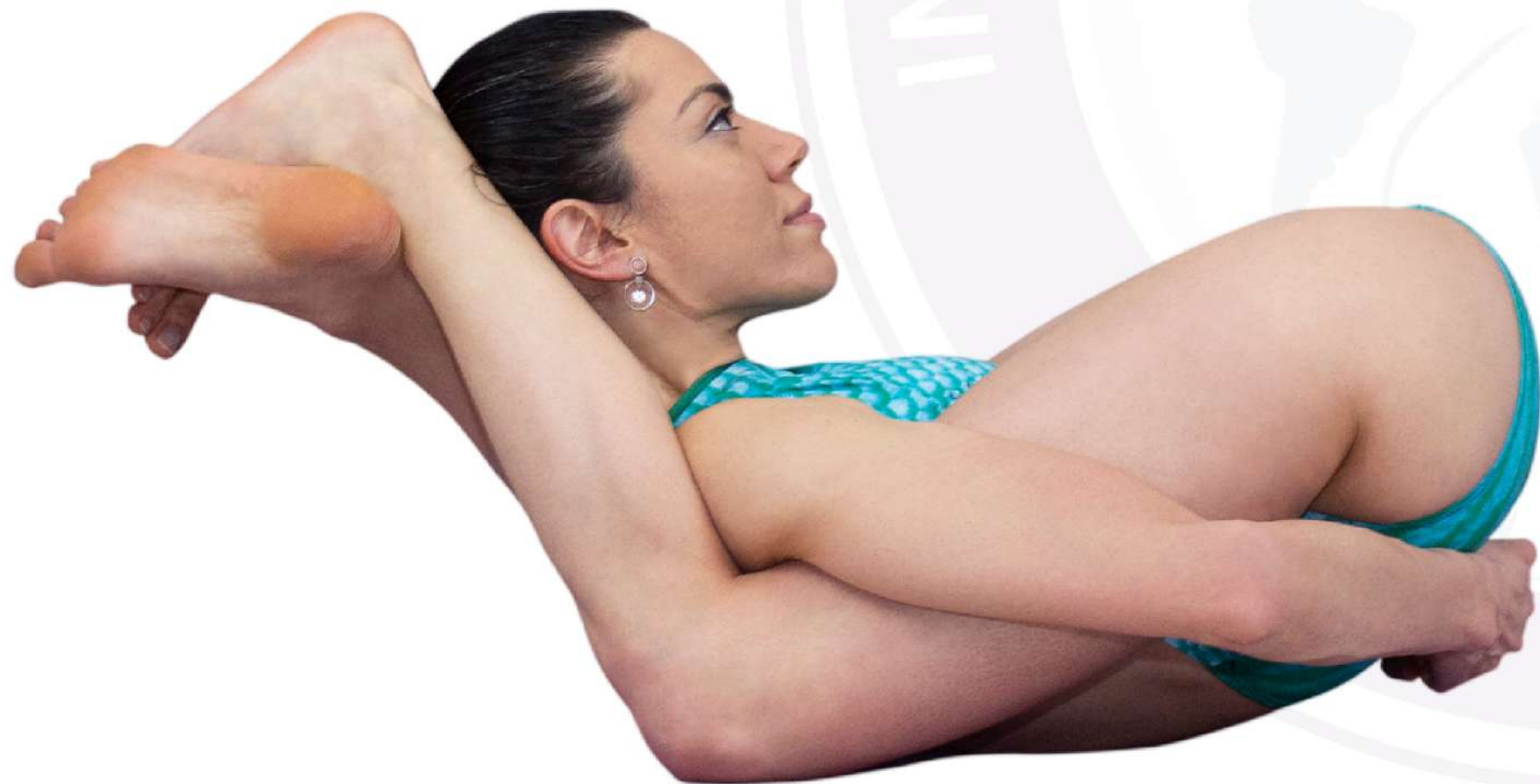
2.19.SLEEPING YOGI



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.20.ONE LEGGED STRETCHING FORWARD

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Forwardbend



2.21.ONE LEG BALANCING FORWARD BEND



2.22.FORWARD BEND GOOD BYE

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

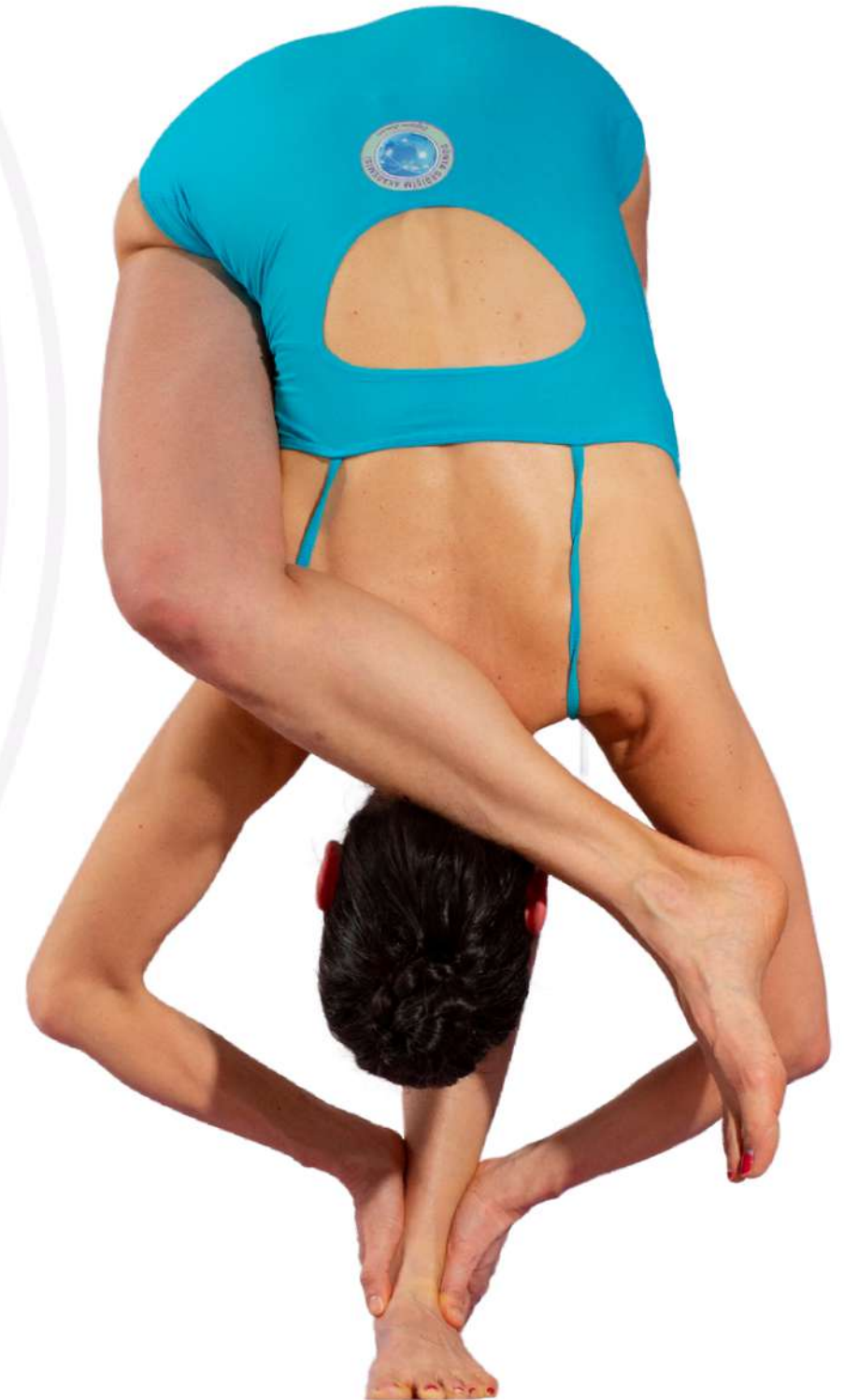
GROUP:
Forwardbend



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Forwardbend



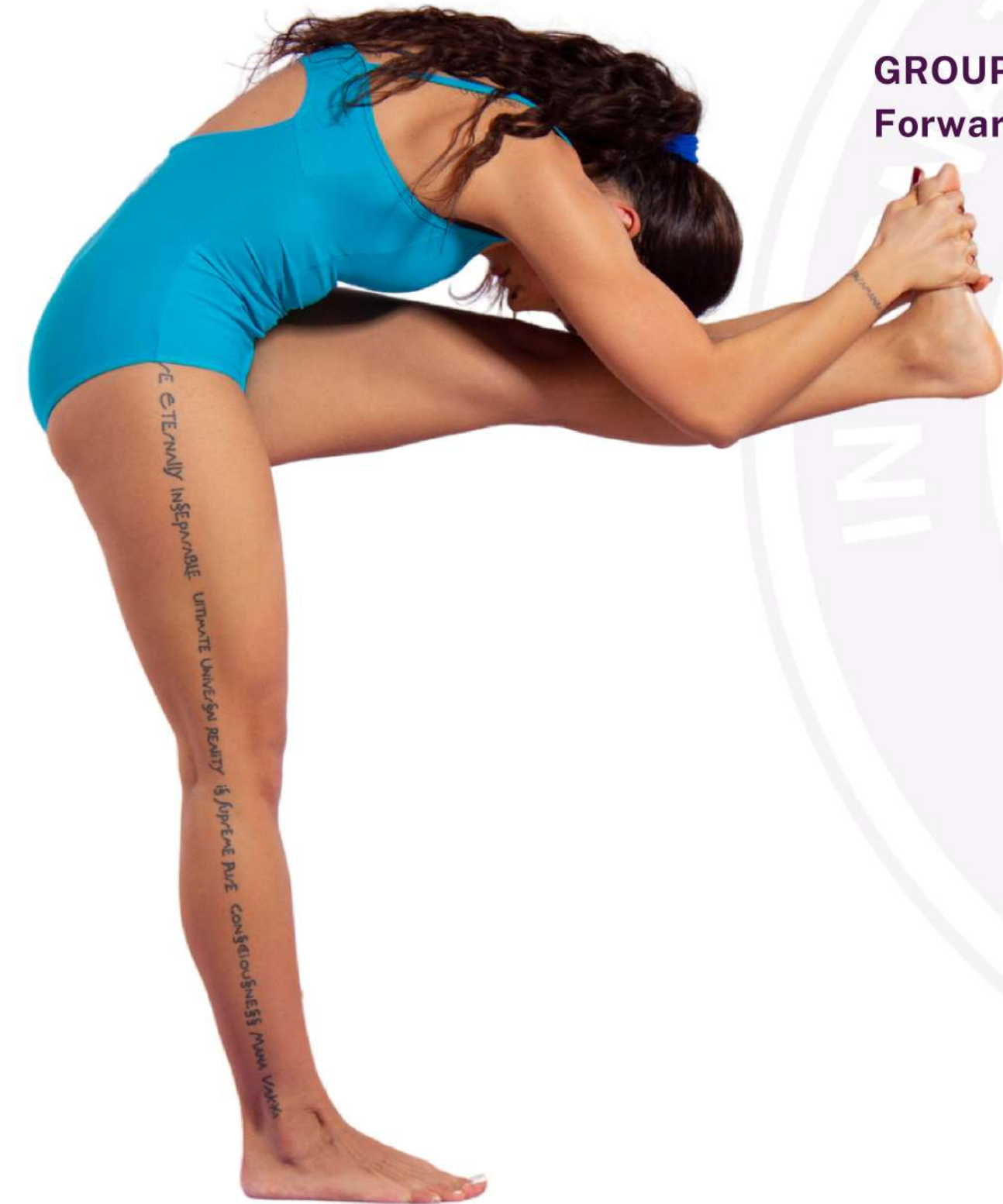
2.23.STANDING HEAD TO KNEE



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Forwardbend



2.24.BOUND LOTUS

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.25.BOUND INVERTED TORTOISE



DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend



2.26.TORTOISE



DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

2.27.TORTOISE LIFTING



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Forwardbend



2.28.LOTUS PLOW POSE



DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Forwardbend

3. Twists



	POSTURE	DIFFICULTY	CHARACTERISTIC
3.1.	ONE LEGGED STANDING	3	Balance
3.2.	TWISTED TRIANGLE	3	Flexibility
3.3.	SPINE TWIST LONG LEG	3	Flexibility
3.4.	REVOLVED INTENSE STRETCHING	4	Flexibility
3.5.	TWISTED STRETCHING	4	Flexibility
3.6.	SPINE TWIST	5	Flexibility
3.7.	BOUND TRIANGLE	5	Balance, Flexibility
3.8.	REVOLVED BOUND SIDE ANGLE	6	Flexibility
3.9.	MARICHYASANA C	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
3.10.	BOUND SPINE TWIST	6	Flexibility
3.11.	TWISTED WIDE LEG	7	Flexibility
3.12.	PASASANA	7	Flexibility
3.13.	REVOLVED BIRD OF PARADISE	7	Balance, Flexibility, Strength
3.14.	BOUND HALF MOON	7	Balance, Flexibility, Strength
3.15.	REVOLVED BOUND HALF MOON POSE	8	Balance, Flexibility, Strength
3.16.	WIDE ANGLE TWIST	8	Flexibility, Strength
3.17.	FULL SPINE TWIST	8	Flexibility
3.18.	MARICHYASANA D	8	Flexibility

3.1.ONE LEGGED STANDING



DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Twists



3.2.TWISTED TRIANGLE

DIFFICULTY: 3

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.3.SPINE TWIST LONG LEG



DIFFICULTY: 3

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.4.REVOLVED INTENSE STRETCHING

DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.5.TWISTED STRETCHING



DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Twists

3.6.SPINE TWIST



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Twists

3.7.BOUND TRIANGLE

DIFFICULTY: 5

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Twists



3.8.REVOLVED BOUND SIDE ANGLE

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.9.MARICHYASANA C

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.10.BOUND SPINE TWIST

DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.11.TWISTED WIDE LEG

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Twists

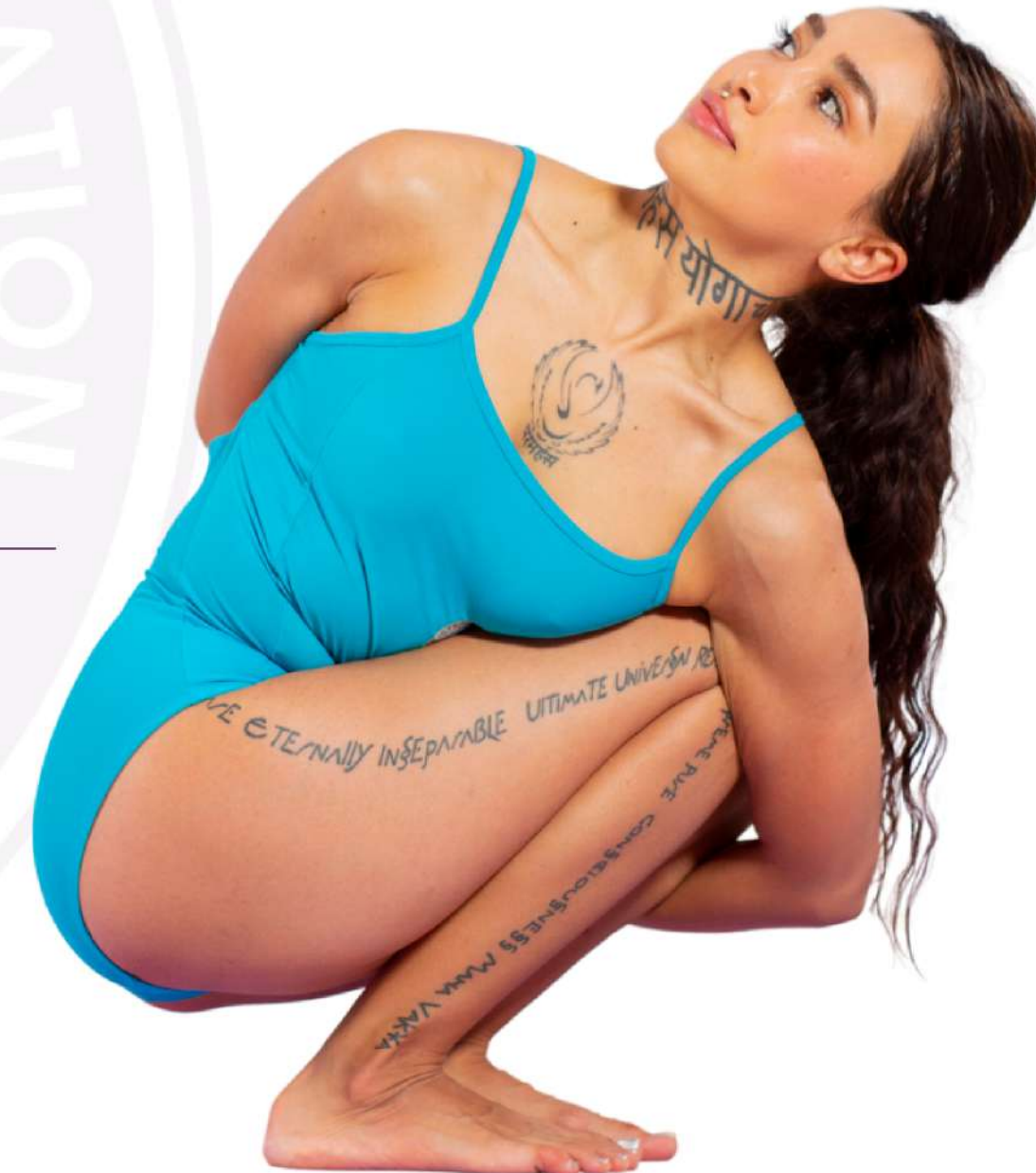


3.12.PASASANA

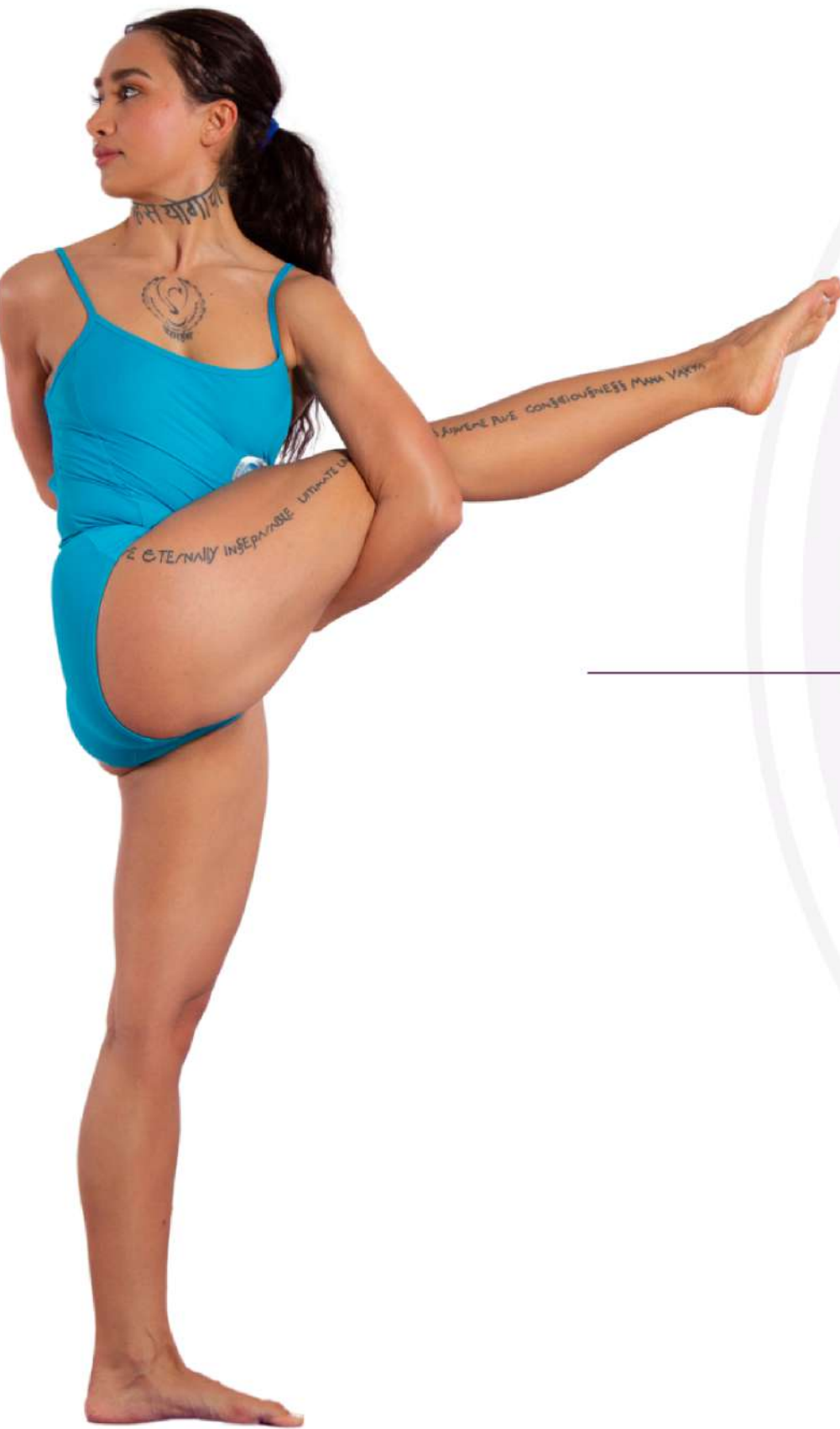
DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Twists



3.13. REVOLVED BIRD OF PARADISE



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Twists



3.14. BOUND HALF MOON



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Twists

3.15. REVOLVED BOUND HALF MOON POSE



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Twists

3.16. WIDE ANGLE TWIST



DIFFICULTY: 8

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Twists

3.17. FULL SPINE TWIST



DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Twists

3.18. MARICHYASANA D



DIFFICULTY: 8

CHARACTERISTIC:
Flexibility

GROUP:
Twists

4. Traction



	POSTURE	DIFFICULTY	CHARACTERISTIC
4.1.	ANGLE	3	Balance, Flexibility
4.2.	ONE LEG BALANCING STICK	3	Balance
4.3.	COWFACE IN TREE	3	Balance
4.4.	SITTING MOUNTAIN	3	Flexibility
4.5.	HALF LOTUS MOUNTAIN	3	Balance
4.6.	DYNAMIC ENERGY	4	Strength
4.7.	SHORT PERSON	4	Balance
4.8.	ONE LEG RAISED	4	Balance, Flexibility
4.9.	ARROW	4	Flexibility
4.10.	HERON	4	Flexibility
4.11.	HALF LOTUS LEG STRETCHING	5	Balance, Flexibility
4.12.	SITTING FLAG	5	Flexibility
4.13.	STRETCHING	5	Flexibility
4.14.	TOE STAND	5	Balance
4.15.	COWFACE	5	Flexibility
4.16.	FOUR ANGLE	5	Flexibility
4.17.	BOUND LOTUS	6	Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
4.18.	BIRD OF PARADISE	6	Balance, Flexibility
4.19.	ARCHER	6	Flexibility
4.20.	SPLIT (STRAIGHT)	6	Flexibility
4.21.	SPLITS (SIDE)	7	Flexibility
4.22.	STANDING HANDS TO BIG TOES	7	Balance, Flexibility, Strength
4.23.	LEG BEHIND HEAD	7	Flexibility, Strength
4.24.	UPWARD STRETCHING	7	Balance, Flexibility
4.25.	SIDE ANGLE	7	Balance, Flexibility, Strength
4.26.	SIDE ANGLE (COMPASS)	8	Balance, Flexibility, Strength
4.27.	SIDE ANGLE (LEG BEHIND HEAD)	8	Balance, Flexibility, Strength
4.28.	FLAG	8	Balance, Flexibility, Strength
4.29.	STANDING SPLIT FOOT TO HEAD	8	Balance, Flexibility, Strength
4.30.	STANDING SPLITS	8	Balance, Flexibility
4.31.	MOUNTAIN	8	Balance
4.32.	BOUND STANDING SPLIT	9	Balance, Flexibility, Strength
4.33.	GOOD-BYE	9	Balance, Flexibility

4.1. ANGLE



DIFFICULTY: 3

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction

4.2. ONE LEG BALANCING STICK



DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Traction

4.3.COWFACE IN TREE

DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Traction



4.4.SITTING MOUNTAIN

DIFFICULTY: 3

CHARACTERISTIC:
Flexibility

GROUP:
Traction



4.5. HALF LOTUS MOUNTAIN



DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Traction



4.6.DYNAMIC ENERGY

DIFFICULTY: 4

CHARACTERISTIC:
Strength

GROUP:
Traction



4.7. SHORT PERSON



DIFFICULTY: 4

CHARACTERISTIC:
Balance

GROUP:
Traction



4.8. ONE LEG RAISED



DIFFICULTY: 4

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction

4.9. ARROW

DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Traction



4.10. HERON

DIFFICULTY: 4

CHARACTERISTIC:
Flexibility

GROUP:
Traction

4.11. HALF LOTUS LEG STRETCHING



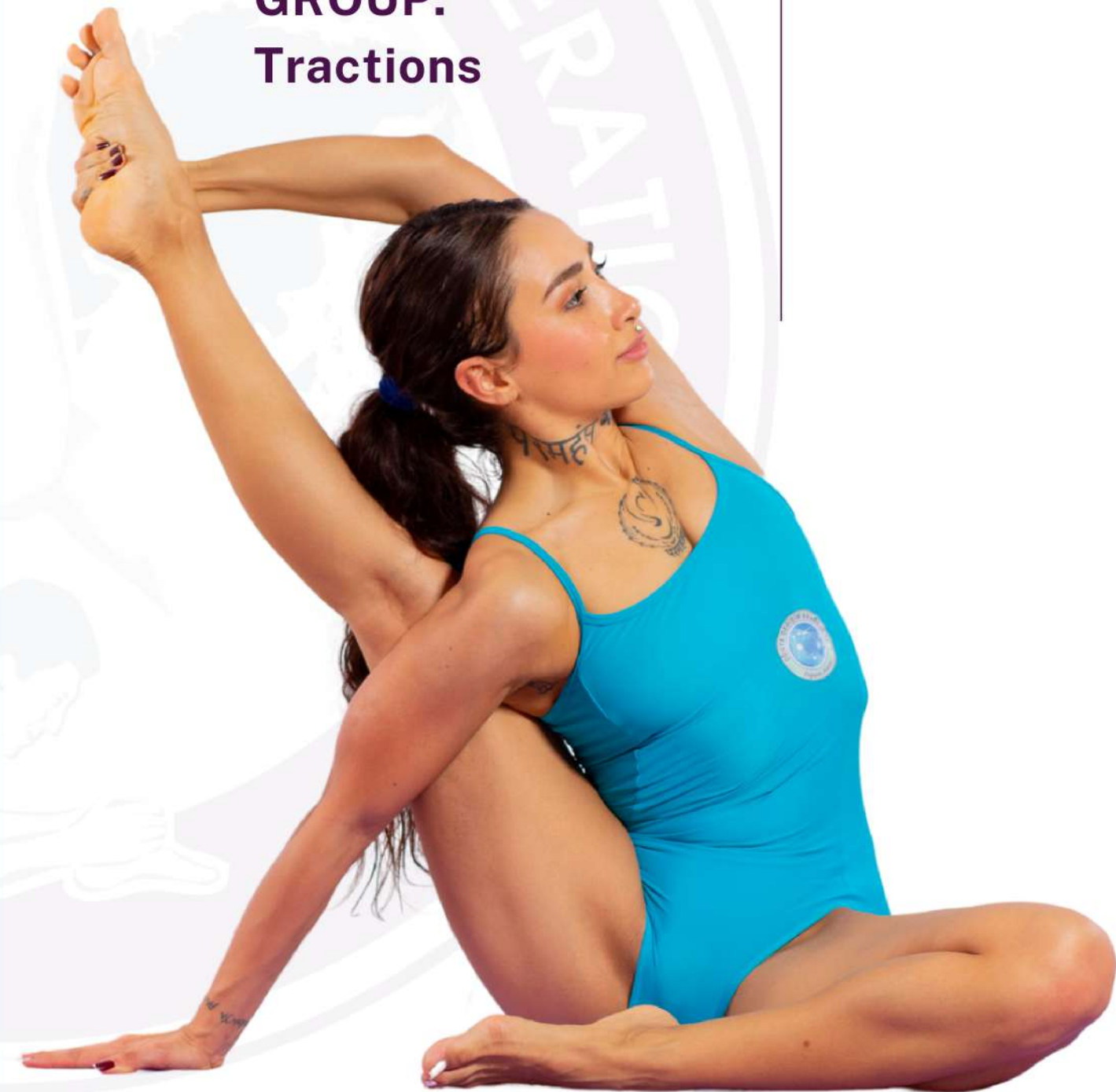
DIFFICULTY: 5

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction



4.12. SITTING FLAG



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Traction

4.13. STRETCHING



DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Traction



DIFFICULTY: 5

CHARACTERISTIC:
Balance

GROUP:
Traction

4.14. TOE STAND



4.15. COWFACE

DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Traction



4.16. FOUR ANGLE

DIFFICULTY: 5

CHARACTERISTIC:
Flexibility

GROUP:
Traction



4.17. BOUND LOTUS



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Traction



4.18. BIRD OF PARADISE



DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction

4.19. ARCHER

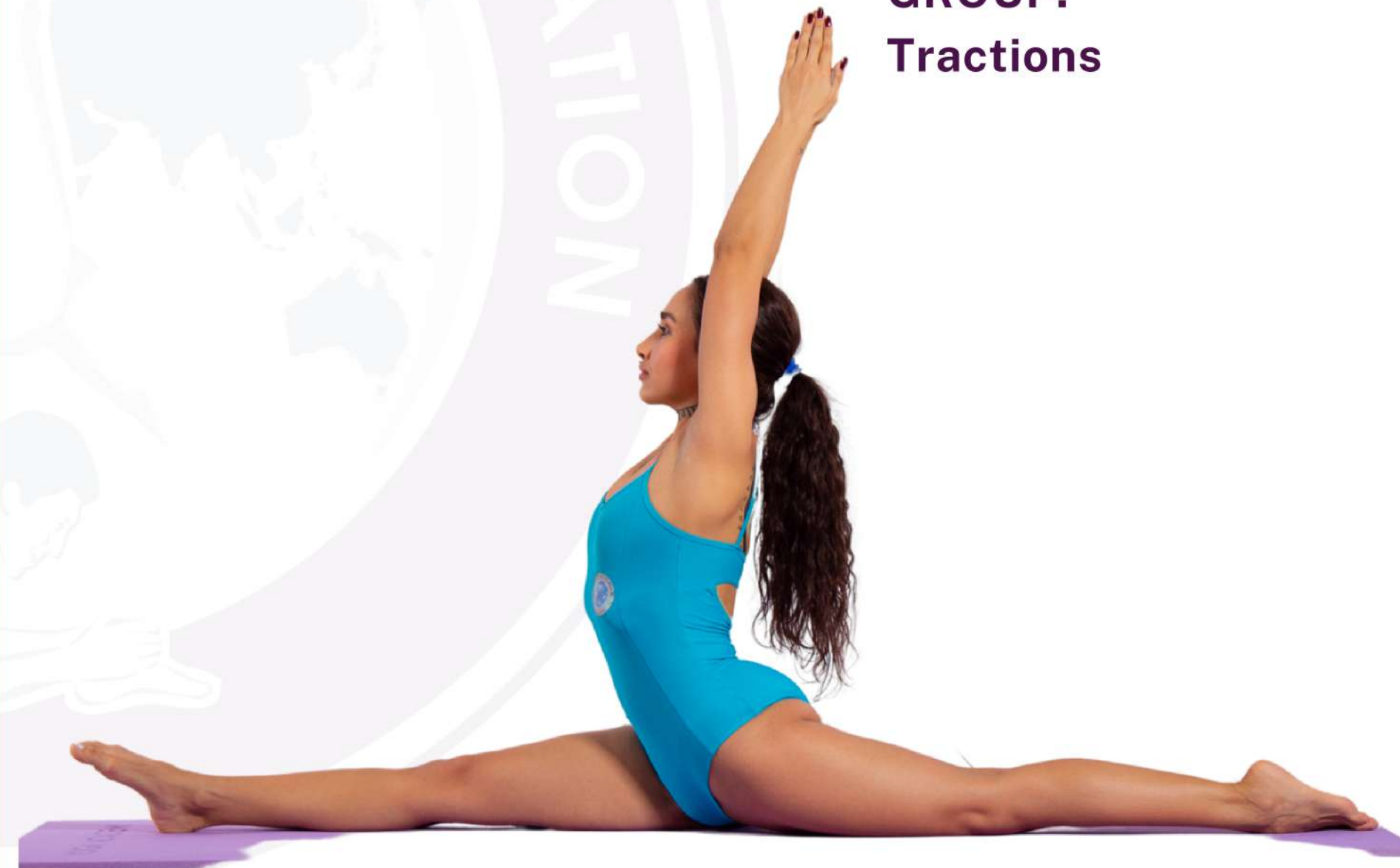


DIFFICULTY: 6

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Traction

4.20. SPLIT (STRAIGHT)



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility

GROUP:
Traction

4.21. SPLITS (SIDE)



DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

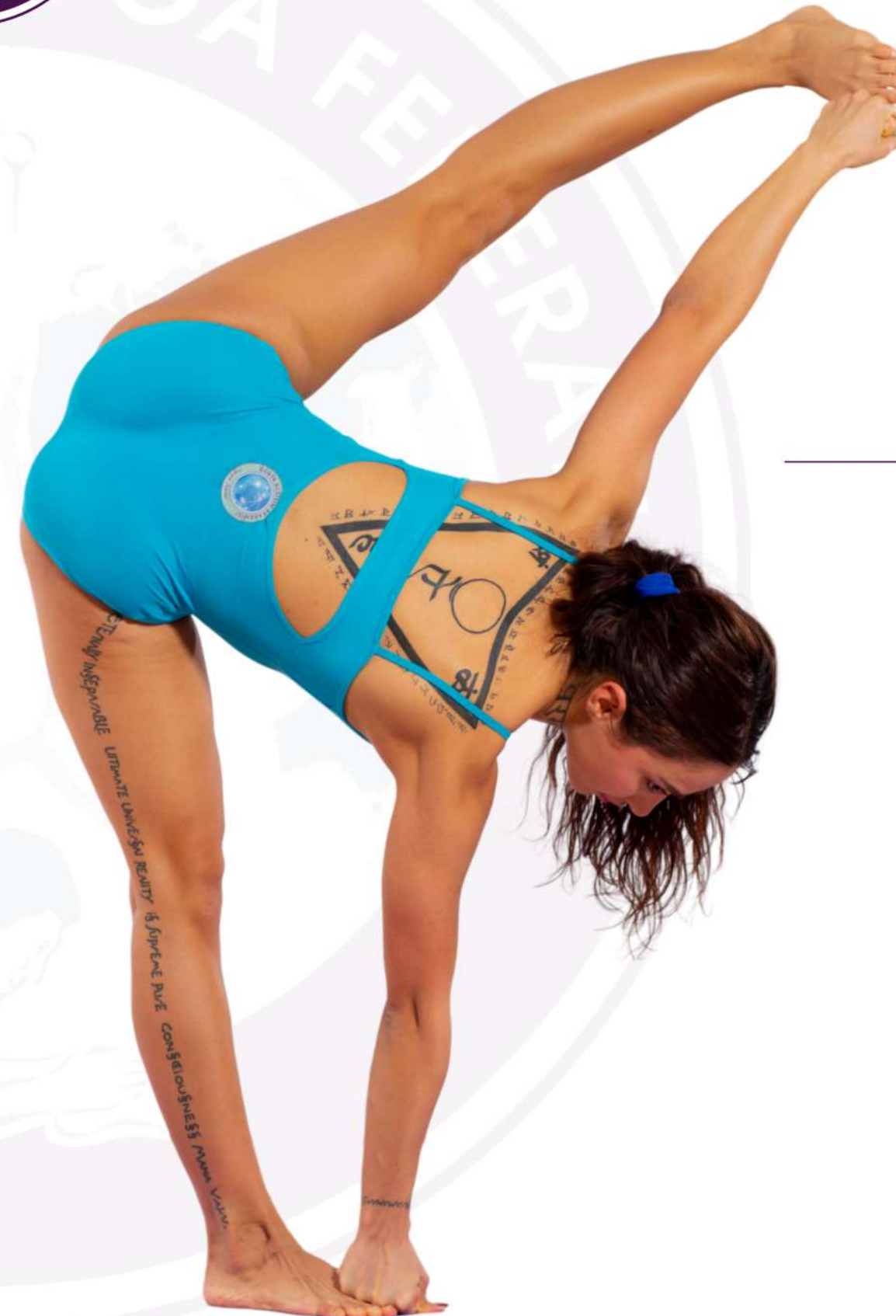
GROUP:
Traction

4.22. STANDING HANDS TO BIG TOES

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.23. LEG BEHIND HEAD

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility

GROUP:
Traction

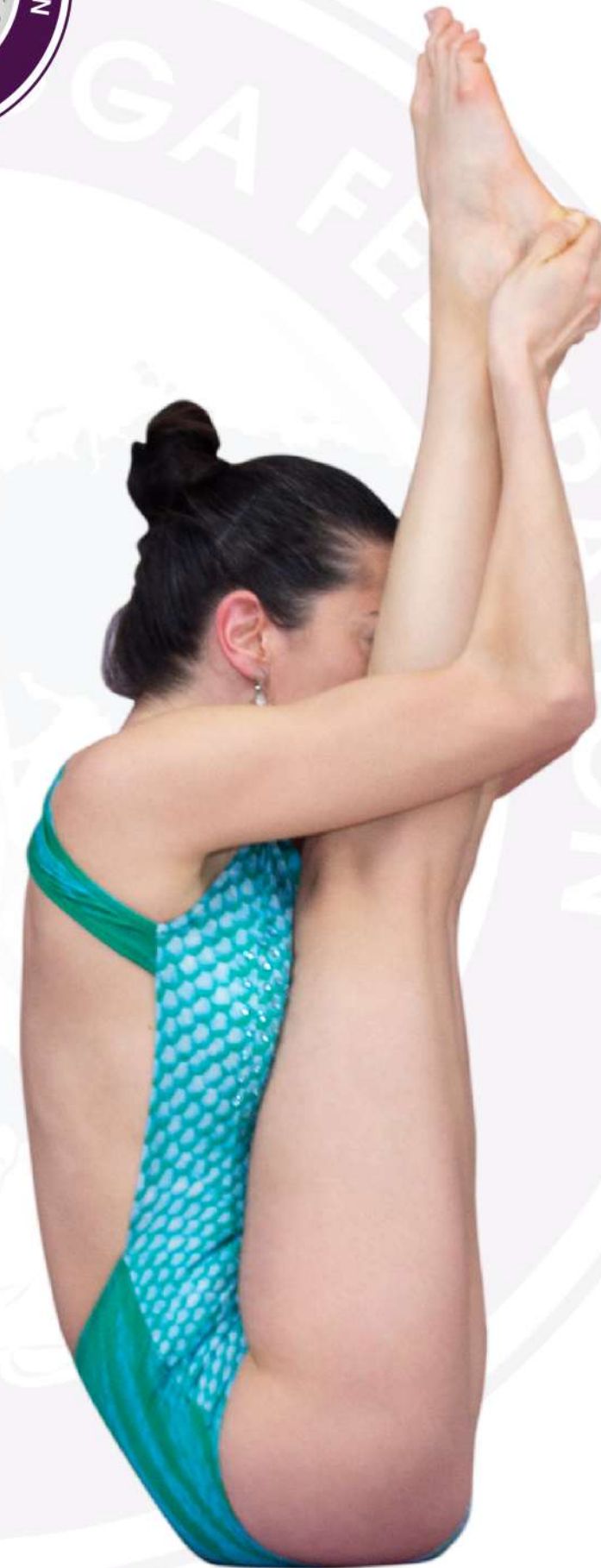


4.24. UPWARD STRETCHING

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction



4.25. SIDE ANGLE



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.26. SIDE ANGLE (COMPASS)

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.27. SIDE ANGLE (LEG BEHIND HEAD)



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction

4.28. FLAG

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.29. STANDING SPLIT FOOT TO HEAD



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.30. STANDING SPLITS

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction



4.31. MOUNTAIN



DIFFICULTY: 8

CHARACTERISTIC:
Balance

GROUP:
Traction



4.32. BOUND STANDING SPLIT



DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Traction

4.33. GOOD-BYE



DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Traction



5.Lifts



	POSTURE	DIFFICULTY	CHARACTERISTIC
5.1.	HALF LOTUS SIDE BALANCE	3	Strength
5.2.	TWO POINTED BALANCE	3	Balance, Strength
5.3.	LIFTING LOTUS	4	Strength
5.4.	ELEPHANT'S TRUNK	4	Strength
5.5.	BABY CROW	4	Strength
5.6.	CROW	5	Balance, Strength
5.7.	SIDE CROW	5	Balance, Strength
5.8.	EIGHT ANGLE	5	Balance, Strength
5.9.	ONE LEGGED PEACOCK	5	Strength
5.10.	FIREFLY	6	Flexibility, Strength
5.11.	FIREFLY (BENT ARM)	6	Flexibility, Strength
5.12.	DRAGON FLY	6	Balance, Flexibility, Strength
5.13.	ONE LEGGED CROW	6	Balance, Strength

	POSTURE	DIFFICULTY	CHARACTERISTIC
5.14.	UNEVEN ONE LEGGED CROW	6	Balance, Strength
5.15.	FLYING SPLITS A	6	Strength
5.16.	FLYING SPLITS B	6	Strength
5.17.	PEACOCK LOTUS	6	Strength
5.18.	PEACOCK	7	Strength
5.19.	FLOATING STICK	7	Strength
5.20.	LIFTED LEG BEHIND HEAD	7	Flexibility, Strength
5.21.	LOTUS CRANE	7	Strength
5.22.	CRANE	8	Strength
5.23.	ONE HAND ONE FOREARM LIFTED PEACOCK	8	Balance, Strength
5.24.	FOLDING UNFOLDING PEACOCK LOTUS	8	Balance, Flexibility, Strength
5.25.	TWISTED STAFF	8	Balance, Flexibility, Strength
5.26.	OM	9	Balance, Flexibility, Strength

5.1. HALF LOTUS SIDE BALANCE



DIFFICULTY: 3

CHARACTERISTIC:
Strength

GROUP:
Lifts



5.2. TWO POINTED BALANCE



DIFFICULTY: 3

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts

5.3. LIFTING LOTUS



DIFFICULTY: 4

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.4. ELEPHANT'S TRUNK

DIFFICULTY: 4

CHARACTERISTIC:
Strength

GROUP:
Lifts



5.5. BABY CROW



DIFFICULTY: 4

CHARACTERISTIC:
Strength

GROUP:
Lifts



5.6. CROW



DIFFICULTY: 5

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts

5.7. SIDE CROW



DIFFICULTY: 5

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts

5.8. EIGHT ANGLE



DIFFICULTY: 5

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts

5.9. ONE LEGGED PEACOCK



5.10. FIREFLY



DIFFICULTY: 5

CHARACTERISTIC:
Strength

GROUP:
Lifts



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Lifts

5.11. FIREFLY (BENT ARM)



DIFFICULTY: 6

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Lifts

5.12. DRAGON FLY

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Lifts



5.13. ONE LEGGED CROW



DIFFICULTY: 6

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts



5.14. UNEVEN ONE LEGGED CROW

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts



5.15. FLYING SPLITS A



DIFFICULTY: 6

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.16. FLYING SPLITS B



DIFFICULTY: 6

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.17. PEACOCK LOTUS



DIFFICULTY: 6

CHARACTERISTIC:
Strength

GROUP:
Lifts



5.18. PEACOCK



DIFFICULTY: 7

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.19. FLOATING STICK

DIFFICULTY: 7

CHARACTERISTIC:
Strength

GROUP:
Lifts



5.20. LIFTED LEG BEHIND HEAD

DIFFICULTY: 7

CHARACTERISTIC:
Flexibility, Strength

GROUP:
Lifts



5.21. LOTUS CRANE



DIFFICULTY: 7

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.22. CRANE



DIFFICULTY: 8

CHARACTERISTIC:
Strength

GROUP:
Lifts

5.23. ONE HAND ONE FOREARM LIFTED PEACOCK



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Strength

GROUP:
Lifts



5.24. FOLDING UNFOLDING PEACOCK LOTUS



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Lifts

5.25. TWISTED STAFF



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility, Strength

GROUP:
Lifts



5.26. OM

DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Lifts

6. Inversions



	POSTURE	DIFFICULTY	CHARACTERISTIC
6.1.	ONE LEGGED SHOULDERSTAND	3	Balance
6.2.	HALF HEADSTAND on FOOT	3	Balance
6.3.	HALF HEADSTAND	4	Balance, Strength
6.4.	TRIPOD	4	Balance
6.5.	SHOULDERSTAND	4	Balance
6.6.	SHOULDERSTAND LOTUS	5	Balance
6.7.	UNSPORTED SHOULDERSTAND	5	Balance
6.8.	HEADSTAND	5	Balance
6.9.	HEADSTAND LOTUS	6	Balance, Flexibility
6.10.	HEADSTAND WIDE ARMS	6	Balance
6.11.	HEAD STAND WIDE LEGS	6	Balance, Flexibility
6.12.	ONE ARM ONE FOREARM STAND TIGER	6	Balance, Strength
6.13.	HEADSTAND WITH BACKBEND	7	Balance, Flexibility
6.14.	HEADSTAND FETAL	7	Balance, Flexibility

	POSTURE	DIFFICULTY	CHARACTERISTIC
6.15.	FOREARM STAND STRAIGHT	7	Balance, Strength
6.16.	FOREARM STAND	7	Balance, Strength, Flexibility
6.17.	FOREARM STAND WITH SPLITS	8	Balance, Strength, Flexibility
6.18.	FOREARM STAND HALLOW BACK	8	Balance, Strength, Flexibility
6.19.	ONE ARM HEADSTAND	8	Balance
6.20.	FOREARM STAND LOTUS	8	Balance, Strength, Flexibility
6.21.	FOREARM STAND SCORPION	8	Balance, Strength, Flexibility
6.22.	HANDSTAND	8	Balance, Strength
6.23.	HANDSTAND WITH SPLIT	8	Balance, Strength, Flexibility
6.24.	HANDSTAND SCORPION	9	Balance, Strength, Flexibility
6.25.	HANDSTAND LOTUS	9	Balance, Strength, Flexibility
6.26.	PALM TREE	9	Balance, Strength
6.27.	FOREARM STAND LOTUS SCORPION	9	Balance, Strength, Flexibility
6.28.	UNSPORTED HEADSTAND	10	Balance, Strength

6.1. ONE LEGGED SHOULDERSTAND



DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.2. HALF HEADSTAND ON FOOT

DIFFICULTY: 3

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.3. HALF HEADSTAND



DIFFICULTY: 4

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions



DIFFICULTY: 4

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.4. TRIPOD

6.5. SHOULDERSTAND



DIFFICULTY: 4

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.6. SHOULDERSTAND LOTUS



DIFFICULTY: 5

CHARACTERISTIC:
Balance

GROUP:
Inversions

6.7. UNSPORTED SHOULDERSTAND



DIFFICULTY: 5

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.8. HEADSTAND



DIFFICULTY: 5

CHARACTERISTIC:
Balance

GROUP:
Inversions

6.9. HEADSTAND LOTUS



DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Inversions



6.10. HEADSTAND WIDE ARMS

DIFFICULTY: 6

CHARACTERISTIC:
Balance

GROUP:
Inversions



6.11. HEAD STAND WIDE LEGS



MUST
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quis nostrud exercitation ullamco laboris nisi ut
aliquip ex e.

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Inversions



6.12. ONE ARM ONE FOREARM STAND TIGER

DIFFICULTY: 6

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions



6.13. HEADSTAND WITH BACKBEND



DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Inversions



6.14. HEADSTAND FETAL

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility

GROUP:
Inversions



6.15. FOREARM STAND STRAIGHT

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions

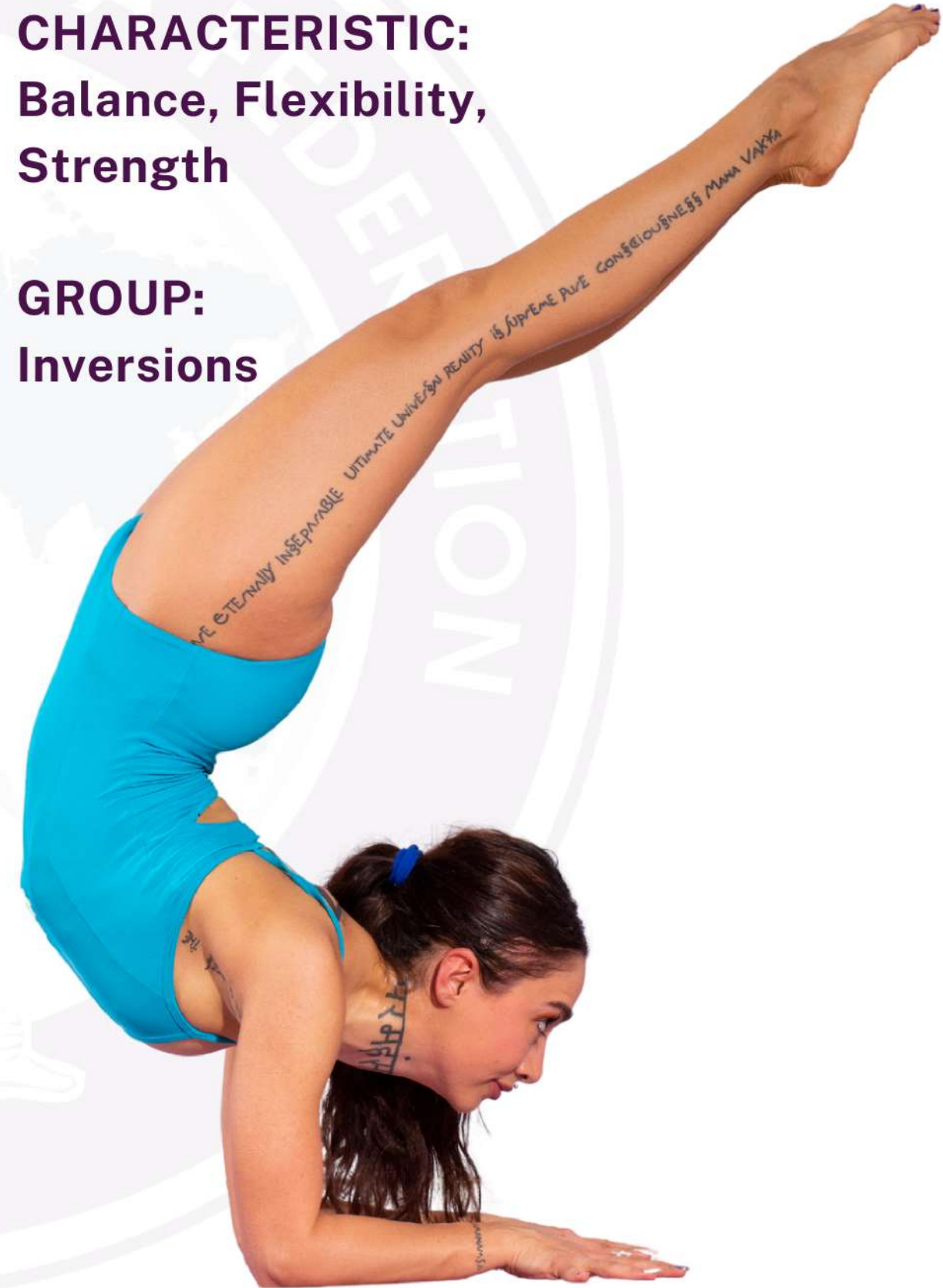


6.16. FOREARM STAND

DIFFICULTY: 7

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.17. FOREARM STAND WITH SPLITS

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.18. FOREARM STAND HALLOW BACK

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.19. ONE ARM HEADSTAND



DIFFICULTY: 8

CHARACTERISTIC:
Balance

GROUP:
Inversions

6.20. FOREARM STAND LOTUS

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



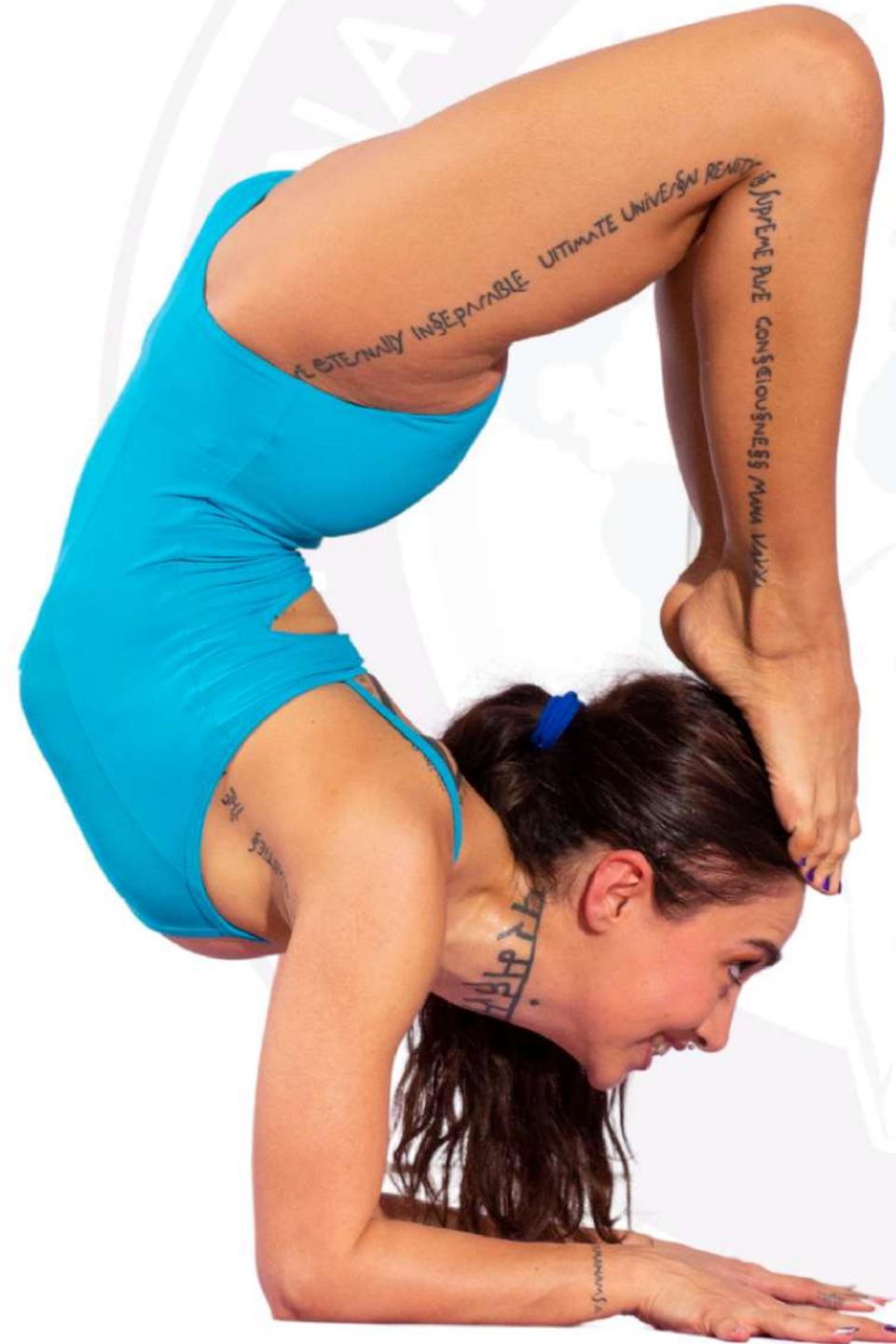
6.21. FOREARM STAND SCORPION



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.22. HANDSTAND

DIFFICULTY: 8

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions



6.23. HANDSTAND WITH SPLIT



6.24. HANDSTAND SCORPION



DIFFICULTY: 8

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions

DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions

6.25. HANDSTAND LOTUS



DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.26. PALM TREE

DIFFICULTY: 9

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions

6.27. FOREARM STAND LOTUS SCORPION



DIFFICULTY: 9

CHARACTERISTIC:
Balance, Flexibility,
Strength

GROUP:
Inversions



6.28. UNSPORTED HEADSTAND

DIFFICULTY: 10

CHARACTERISTIC:
Balance, Strength

GROUP:
Inversions