

# SYLLABUS OF WORLD CUP OF YOGASANA COMPETITION



## WORLD CUP OF OLYMPIC YOGA SPORT



### *Syllabus*

### *The 6 asanas of first sequence*



*Ardha Trikonasana*



*Raja Bhujangasana*



*Padahasthasana*



*Dandapada Kakasana*



*Thirivikramasana*



*Padma Kukutasana*

# SYLLABUS OF WORLD CUP OF YOGASANA COMPETITION



## WORLD CUP OF OLYMPIC YOGA SPORT



### *Syllabus*

## The 6 asanas of second sequence



*Trikonasana*



*Sarvangasana*



*Yoganidrasana*



*Dhanurasana*



*Salabhasana*



*Shirsasana*

**SYLLABUS OF WORLD CUP OF YOGASANA COMPETITION**



**WORLD CUP OF  
OLYMPIC YOGA SPORT**



**Syllabus**

The 10 asanas of 3rd sequence



*Paschimottanasana*



*Chakrasana*



*Ardha Chandrasana*



*VISHAKHA PASCHIMOTTHASANA*



*Eka Pada Kapotasana*



*Padma Mayurasana*



*Garbasana*



*Vrajasana*



*Natarajasana*



*Vrischikasana*

Only for tiebrake



*Padam Kakasana*



*Raja Yoganidrasana*