## **SYLLABUS OF WORLD CUP OF YOGASANA COMPETITION**



# WORLD CUP OF OLYMPIC YOGA SPORT



#### Syllabus

### The 6 asanas of first sequence



Ardha Trikonasana



Dandapada Kakasana



Raja Bhujangasana



Thirivikramasana

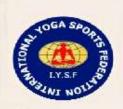


Padahasthasana



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

