



NAMASTE



The Complete Guide to 1st Iuyf Yoga world Championship and cultural festival Categories by Age



Swipe to discover the perfect asanas for each age group from 5 to 65+ years. Prepare yourself or your students for yoga competitions with our comprehensive breakdown!

Why Age-Specific Asanas Matter

Yoga competitions are thoughtfully structured with age-appropriate poses that consider:

- Physical development stages
- Flexibility and strength differences
- Balance and concentration abilities
- Safety and sustainable practice

Sub-Junior A: Ages 5-7

Tadasana

- Enhances concentration
- Develops posture
- Creates body awareness

Baddha Konasana

Resembles butterfly wings, making it naturally appealing to children.

Vrikshasana

Helps children develop concentration while strengthening their core.

Balasana

Teaches children self-regulation and mindful stillness.

Adho Mukha Svanasana

Inverted V-shape pose that children enjoy.



Sub-Junior B: Ages 7-9



Ardha Chakrasana (Half Wheel Pose)



Vajrasana (Thunderbolt Pose)



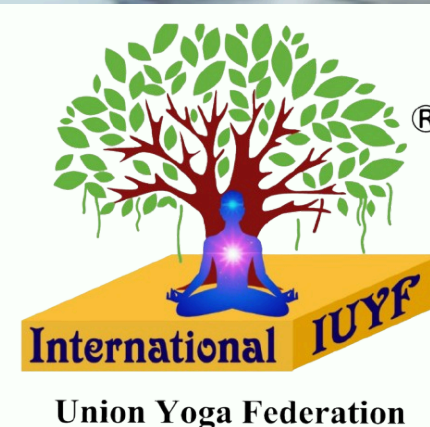
Garudasana (Eagle Pose)



Bhujangasana (Cobra Pose)



Trikonasana (Triangle Pose)



Sub-Junior C: Ages 9-11

Trikonasana (Triangle Pose)

Gomukhasana (Cow Face Pose)

Bakasana (Crow Pose)

Adho Mukha Svanasana (Downward-Facing Dog)

Vrikshasana (Tree Pose)



Sub-Junior D: Ages 11-13

Parsvakonasana (Extended Side Angle Pose)

Batha Padmasana

Tittibhasana (Firefly Pose)

Ustrasana (Camel Pose)

Sarvangasana (Shoulderstand)

Junior Years: Ages 13-17

Junior A (13-15)

- Virabhadrasana I
- Marichyasana
- Halasana
- Kakasana
- Chakrasana

Junior B (15-17)

- Virabhadrasana II
- Ardha
Matsyendrasana
- Viparita Karani
- Mayurasana
- Kapotasana



Senior A & B: Ages 17-25

17-21

21-25

Required Poses and Judging Criteria

Senior A Required Sequences

- Pincha Mayurasana → Scorpion variation
- Eka Pada Koundinyasana
- Hanumanasana with variations
- Dhanurasana
- Advanced Sirsasana variations

Senior B Required Sequences

- Uttitha hastha padangustasana
- Astavakrasana to Eka Pada Koundinyasana transition
- * Urthuva parivata Janu sirasana
- Dwi Pada Viparita Dandasana
- Yoga Nidrasana

Senior C & D: Ages 25-35

Senior C: Ages 25-30

- ✓ **Parivrtta Trikonasana**
- ✓ **Bakasana**
- ✓ **Sirsasana**
- ✓ **Eka Pada Rajakapotasana**
- ✓ **Virabhadrasana III**

Senior D: Ages 31-35

- ✓ **Natarajasana**
- ✓ **Halasana**
- ✓ **Urdhva Dhanurasana**
- ✓ **Astavakrasana**
- ✓ **Padma Sirsasana**

Routines last 3-4 minutes. Judges evaluate execution, breath-movement integration, and transitions, with focus on alignment, stability, and calm breathing.



Senior E & F: Ages 35-45

Standing Poses

Ardha Chakrasana (35-40) and Trikonasana (40-45)

Sitting Poses

Vajrasana (35-40) and Gomukhasana (40-45)

Balancing Poses

Garudasana (35-40) and Bakasana (40-45)

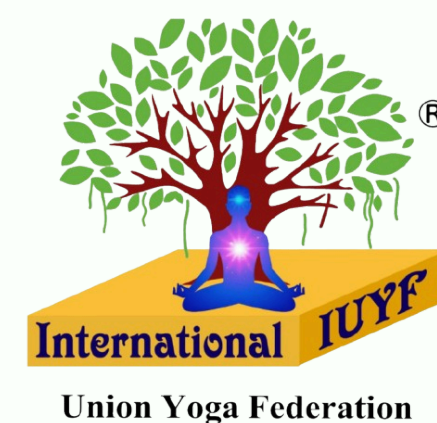
Veteran A & B: Ages 45-55

Veteran A (45-50)

- Tadasana (Standing)
- Bhujangasana (Lying Prone)
- Vrikshasana (Balancing)

Veteran B (50-55)

- Vajrasana (Sitting)
- Setu Bandhasana (Lying Supine)
- Garudasana (Balancing)



Veteran C, D & E: Ages 55+

Ages 55-60

Focus on Ardha Chakrasana, Shalabhasana, and Pavanamuktasana

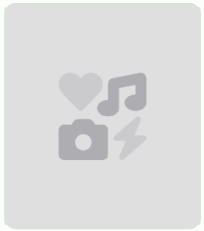
Ages 60-65

Practice Trikonasana, Makarasana, and Ustrasana

Ages 65+

Master Tadasana, Janusirasasana, and Vrikshasana

Performance Time & Judging



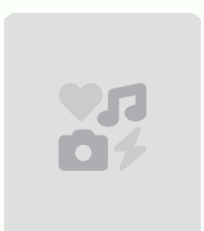
Stability & Balance

Steady posture without wobbling



Accuracy

Precision in alignment and form



Grace

Smooth transitions between poses



Confidence

Presentation and facial expression

Time Limits by Age Group

1

Sub-Junior & Junior

Maximum 2 minutes to complete all poses

2

Senior (17-45)

Maximum 3 minutes to complete all poses

3

Veterans (45+)

Maximum 2 minutes to complete all poses



Prepare for Your Next Yoga Competition!

Now you have the complete syllabus for all age categories from 5 to 65+ years. Use this guide to prepare yourself or your students for upcoming competitions.

Tag a yoga teacher or student who needs this comprehensive breakdown of competition categories! Share with your yoga community to help everyone perform their best. 🧘♀️✨