

Asana for Credit 1

Important Instruction

For Practical Examination;

1. For Practical Examination of Credit 2 Students has to perform three Asana for 10 marks each, i.e. for 30 Marks examination.
2. Students has to perform **any one** asana from Level 1 and level 2 as **students choice** Asana
3. Under Experts Choice Asana Teacher will recommend to perform any one Asana from Difficulty Level 2 only.
4. In Viva Voce Expert may ask question on asana performed.

Asana Not for Exam

1. Pavanmuktasana



2. Shavasana



3. Makarasana



Asana Difficulty Level 1

1. Ardha Halasana



1. Bhujangasana



1. Salabhasana



Asana Difficulty Level 2

1. Halasana



2. Karnapidasana



3. Dhanurasana



4. Mastysana



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5. Viparit-karani



6. Chakrasana



7. Naukasana



8. Setubandhasana



9. Sarvangasana

