

INTERNATIONAL YOGA COMMITTEE

(International Non-Olympic Committee)



IYC APPROVED LIST OF ASANAS

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Section 1: INTRODUCTION

Asanas collectively constitute the physical aspect of worship in ancient Yoga and various stretches and meditative poses of modern Yoga. The poses and stretches are thought to have physical and mental health benefits. Different authors or schools of yoga may have different names for an asana. Many asanas have multiple names or one name may refer to multiple asanas.

Section 2: IYC APPROVED ASANAS

IYC approved asanas will be performed by participating competitor and optional asanas given below. Approved Asanas will be announced by the Jury at the time just before the competition; whereas three asanas will be optional as per the choice by the participating competitor. Each asana will be evaluated based on Vinyasa (pattern), Final Posture and Grace & Presentation. Please find below the IYC Approved Asanas.

2.1 Standing Yoga Posture:

- Big Toe Pose (*Padangusthasana*)
- Chair Pose (*Utkatasana*)
- Dolphin Pose (*Ardha Pincha Mayurasana*)
- Downward Facing Dog Pose (*Adho Mukha Svanasana*)
- Eagle Pose (*Garudasana*)
- Extended Hand to Big Toe Pose (*Utthita Hasta Padangustasana*)
- Extended Side Angle Pose (*Utthita Parsvokonasana*)
- Half Bound Lotus Standing Pose (*Ardha Baddha Padmottanasana*)
- Half Moon Pose (*Ardha Chandrasana*)
- Half Wheel Pose (*Ardha Chakrasana*)
- Headstand (*Sirsasana*)
- Intense Side Stretch Pose / Pyramid pose (*Parsvottanasana*)
- Lord of Dancers Pose (*Natarajasana*)
- Mountain Pose (*Tadasana*)
- One Legged Dog / Downward Dog (Split) Pose (*Eka Pada Svanasana*)
- One Legged Headstand (*Eka Pada Sirsasana*)
- Revolved Extended Side Angle Pose (*Parivritta Parsvokonasana*)
- Revolved Triangle Pose (*Parivritta Trikonasana*)
- Standing Forward Bend Pose (*Uttanasana*)



- Standing Spinal Twist Pose (*Katichakrasana*)
- Tree Pose (*Vrksasana*)
- Triangle Pose (*Trikonasana*)
- Upward Salute / Upward Tree pose (*Urdhva Hastasana*)
- Warrior I Pose (*Virabhadrasana I*)
- Warrior II Pose (*Virabhadrasana II*)
- Warrior III Pose (*Virabhadrasana III*)
- Wide Legged Standing Forward Bend Pose (*Prasarita Paddotanasana*)

2.2 Arm Balance Yoga Posture

- Crane (Crow) Pose (*Bakasana*)
- Dolphin Plank Pose
- Eight-Angle Pose (*Astavakrasana*)
- Firefly Pose (*Tittibhasana*)
- Four-Limbed Staff Pose (*Chaturanga Dandasana*)
- Peacock Pose (*Mayurasana*)
- Plank Pose
- Sage Koundinya pose (*Eka Pada Koundinyanasana I and II*)
- Scale Pose (*Tolasana*)
- Shoulder-Pressing Pose (*Bhujapidasana*)
- Side Crane (Crow) Pose (*Parsva Bakasana*)
- Side Plank Pose (*Vasisthasana*)
- Wild Thing (*Camatkarasana*)

2.3 Balancing Yoga Poses

- Eagle Pose (*Garudasana*)
- Extended Hand-To-Big-Toe Pose (*Utthita Hasta Padangustasana*)
- Half Moon Pose (*Ardha Chandrasana*)
- Handstand (*Adho Mukha Vrksasana*)
- Lord of the Dance Pose (*Natarajasana*)
- Side Plank Pose (*Vasisthasana*)
- Side-Reclining Leg Lift (*Anantasana*)
- Supported Headstand (*Salamba Sirsasana*)
- Supported Shoulderstand (*Salamba Sarvangasana*)
- Tree Pose (*Vrksasana*)
- Warrior III Pose (*Virabhadrasana III*)



2.4 Binding Yoga Poses

- Noose Pose (Pasasana)
- Pose Dedicated to the Sage Marichi I (Marichyasana I)

2.4 Chest Opening Yoga Poses

- Bow Pose (Dhanurasana)
- Camel Pose (Ustrasana)
- Cobra Pose (Bhujangasana)
- Cow Pose (Bitilasana)
- Fish Pose (Matsyasana)
- Half Frog Pose (Ardha Bhekasana)
- Locust Pose (Salabhasana)
- Lord of the Dance Pose (Natarajasana)
- Sphinx Pose
- Upward Bow (Wheel) Pose (Urdhva Dhanurasana)
- Upward Facing Two-Foot Staff Pose (Dwi Pada Viparita Dandasana)
- Upward-Facing Dog Pose (Urdhva Mukha Svanasana)
- Wild Thing (Camatkarasana)

2.5 Core Yoga Poses

- Boat Pose (Paripurna Navasana)
- Cat Pose (Marjaryasana)
- Chair Pose (Utkatasana)
- Crane (Crow) Pose (Bakasana)
- Dolphin Plank Pose
- Dolphin Pose
- Four-Limbed Staff Pose (Chaturanga Dandasana)
- Happy Baby Pose (Ananda Balasana)
- Plank Pose
- Scale Pose (Tolasana)
- Side Plank Pose (Vasisthasana)
- Side-Reclining Leg Lift (Anantasana)

2.6 Forward Bend Yoga Poses

- Big Toe Pose (Padangusthasana)
- Bound Angle Pose (Baddha Konasana)
- Child's Pose (Balasana)
- Downward-Facing Dog (Adho Mukha Svanasana)



- Extended Puppy Pose(Uttana Shishosana)
- Head-to-Knee Forward Bend(Janu Sirsasana)
- Intense Side Stretch Pose(Parsvottanasana)
- Pose Dedicated to the Sage Marichi I (Marichyasana I)
- Seated Forward Bend(Paschimottanasana)
- Standing Forward Bend(Uttanasana)
- Standing Half Forward Bend(Ardha Uttanasana)
- Standing Split(Urdhva Prasarita Eka Padasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)
- Wide-Legged Forward Bend(Prasarita Padottanasana)

2.7 Hip Opening Yoga Poses

- Bharadvaja's Twist (Bharadvajasana I)
- Bound Angle Pose(Baddha Konasana)
- Child's Pose(Balasana)
- Cow Face Pose(Gomukhasana)
- Eagle Pose(Garudasana)
- Easy Pose(Sukhasana)
- Extended Hand-To-Big-Toe Pose(Uthita Hasta Padangustasana)
- Fire Log Pose(Agnistambhasana)
- Half Lord of the Fishes Pose(Ardha Matsyendrasana)
- Marichi's Pose(Marichyasana III)
- Noose Pose(Pasasana)
- One-Legged King Pigeon Pose(Eka Pada Rajakapotasana)
- Pose Dedicated to the Sage Marichi I(Marichyasana I)
- Reclining Bound Angle Pose(Supta Baddha Konasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)
- Wide-Legged Forward Bend(Prasarita Padottanasana)

2.8 Inversion Yoga Poses

- Feathered Peacock Pose(Pincha Mayurasana)
- Handstand(Adho Mukha Vrksasana)
- Plow Pose(Halasana)
- Supported Headstand(Salamba Sirsasana)
- Supported Shoulderstand(Salamba Sarvangasana)

2.9 Restorative Yoga Poses

- Child's Pose(Balasana)
- Corpse Pose(Savasana)
- Legs-Up-the-Wall Pose(Viparita Karani)



- Reclining Bound Angle Pose(Supta Baddha Konasana)
- Reclining Hand-to-Big-Toe Pose(Supta Padangusthasana)
- Reclining Hero Pose(Supta Virasana)

2.10 Seated Yoga Poses

- Bharadvaja's Twist(Bharadvajasana I)
- Boat Pose(Paripurna Navasana)
- Bound Angle Pose(Baddha Konasana)
- Cow Face Pose(Gomukhasana)
- Easy Pose(Sukhasana)
- Fire Log Pose(Agnistambhasana)
- Half Lord of the Fishes Pose(Ardha Matsyendrasana)
- Hero Pose(Virasana)
- Heron Pose(Krounchasana)
- Lotus Pose(Padmasana)
- Marichi's Pose(Marichyasana III)
- Monkey Pose(Hanumanasana)
- Pose Dedicated to the Sage Marichi I(Marichyasana I)
- Revolved Head-to-Knee Pose(Parivrtta Janu Sirsasana)
- Seated Forward Bend(Paschimottanasana)
- Staff Pose(Dandasana)
- Wide-Angle Seated Forward Bend(Upavistha Konasana)

2.11 Strengthening Yoga Poses

- Boat Pose(Paripurna Navasana)
- Chair Pose(Utkatasana)
- Dolphin Plank Pose
- Dolphin Pose
- Downward-Facing Dog(Adho Mukha Svanasana)
- Extended Side Angle Pose(Utthita Parsvakonasana)
- Extended Triangle Pose(Utthita Trikonasana)
- Feathered Peacock Pose(Pincha Mayurasana)
- Four-Limbed Staff Pose(Chaturanga Dandasana)
- Handstand(Adho Mukha Vrksasana)
- Locust Pose(Salabhasana)
- Noose Pose(Pasasana)
- Revolved Side Angle Pose(Parivrtta Parsvakonasana)
- Revolved Triangle Pose(Parivrtta Trikonasana)
- Upward Bow (Wheel) Pose(Urdhva Dhanurasana)