




# YOGA EXPO™

International Yoga Asana (Posture) Championship-Bishnu Charan Ghosh Cup  
1<sup>ST</sup> TIME IN THE U.S.

organize by **BIKRAM'S YOGA COLLEGE OF INDIA** and the **WORLD YOGA FOUNDATION**  
INTERNATIONAL HEADQUARTERS  
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		<p><b>Standing Head to Knee: 3 parts</b></p> <ol style="list-style-type: none"><li>1. Standing knee locked, fingers interlaced couple of inches below the toes, pick up other foot, kick heel forward till leg is parallel to floor and fully extended. Arms will be straight. Eyes focused. Body weight distributed evenly throughout the standing foot. Knee remains locked.</li><li>2. Heel extends forward; elbows come down around calf muscle (below calf muscle). Eyes still looking forward.</li><li>3. Head rounds forward, spine rounds till forehead touches the knee. Balancing.</li></ol>
	<p><b>Standing Bow Pulling</b></p> <p>Body weight evenly throughout (L) standing foot, knee locked. (R) arm reaches back with palm face up and grips inside of (R) ankle, all five fingers together. Kicking back with (R) leg/foot toes pointed to extend the leg back and upwards, (L) arm reaches forward extending the entire spine forward. Abdomen comes parallel to floor, pelvis rotates forward so that middle spine is arching. Back arm fully extended and stretched, front arm follows the line of torso extending forward so that fingertips are at the line of the eyes. Visual focus is out over fingertips. Chin comes to (L) shoulder.</p>	



### **Dhanurasana (Floor Bow)**

Lying on abdomen, chin comes forward, arms reach back to take grip on the outside of feet, couple of inches below the toes.

With six inches distance between knees, ankles, feet, legs kick back and upwards. Body weight is balanced between pelvic (hip pointers) and lowest rib. Arms and legs stretch upwards, stretching spine. Hands and feet form a steeple over the center of the body.



### **Sasangasana (Rabbit)**

Sitting on heels, Japanese sitting style. Arms and hands reach back to take hold of feet with thumbs on the outside, fingers over the heels. Body rounds forward till forehead touches knees, top of head touches floor. Chin is tucked inwards towards chest; abdominals are tucked. Pulling on the heels, hips lift up and spine rounds. Thighs are perpendicular to floor. Spine is rounding evenly from coccxis to neck. Shoulders are away from the ears.



### **Paschimottasana (Stretching)**

Sitting with spine upright and both legs fully extended forwards, heels and toes touching. First two fingers of each hand slide in between the big and second toes, close the loop with thumbs. Lengthen the spine upwards from the sits bones; continue stretching the heels forward, engage the quadriceps and abdominal muscles until the backs of the knees are touching the floor and the heels are coming off the floor. Pull back on the toes (all toes are flexing backwards towards the face) and stretch the spine forward. Eyes continue looking forwards. Stretch the legs and spine as far as possible.