

Yogasana Bulgaria<sup>Under</sup>  
**World Real Yoga Alliance**

Affiliated Member of  
World Yogasana Sports Federation  
<https://worldyogasana.org/>



**President**

**DIANA ALEKSANDROVA**  
Sofia, Bulgaria

**General Secretary**

**DR. AMAN SOOD**  
Sofia, Bulgaria

**1ST NATIONAL YOGASANA SPORTS CHAMPIONSHIP**

**NDK HALL NO:9**

**Inauguration Ceremony-9.30 AM, 23rd June 2024**

**(Minute to Minute Program)**

Details	Timing
Welcome and acknowledgement of all the athletes, delegates and spectators and Guest.	9.30 AM
Bouquet Presentation	9.35 AM
Prayer	9.40 AM
Deep Prajwalan	9.45 AM
Yogasana Demonstration	9.50 AM
Speech by Guest 1	9:55 AM
Speech by Guest 2	10.00 AM
Memento to Guest	10.10 AM
Vote of thanks by General Secretary	10.15 AM
Oath by Ms. Omini Sood	10.20 AM
Here is the corrected version of the text: "All athletes will stand and raise their right hand (parallel to the floor) for the oath. One top athlete will be on the stage. That athlete will say each line, and all athletes will repeat after him."  The oath is: "WE WEAR THAT WE WILL TAKE PART IN 1ST NATIONAL YOGASANA SPORTS CHAMPIONSHIP 2024 RESPECTING THE RULES AND REGULATIONS WHICH GOVERN THEM AND DESIROUS TO PARTICIPATE IN THEM WITH THE TRUE SPIRIT OF SPORTSMANSHIP FOR THE HONOUR AND THE GLORY OF SPORT."	
Declaration of Games Open by Guest "I declare 1st National Yogasana Sports Championship 2024 Open"	10.30 AM
National Anthem of the country	10:35AM
Competition begin	10.45 AM





# Традиционна йогасана

Мъже и жени

## Четвъртфинален кръг

Диаграма на задължителните асани



YOGASANA  
BULGARIA

Джануширасана



Триконасана



Бхуджангасана

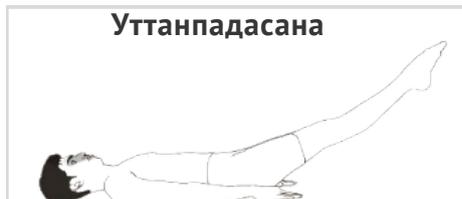


Виравхадрасана



Yoga for Harmony & Peace

Уттанпадасана



### Правила за четвъртфинален кръг (Първи кръг)

1. Спортистите трябва да изпълнят 5 задължителни йогасани и 2 по избор в първия кръг. 2. Има 2 диаграми за всяка от 5-те различни категории: Наклон напред, Наклон назад, Извиване, Баланс на ръце и Баланс на крака. 3. Спортистите трябва да изберат 2-те по избор асани от различни категории. В първия кръг могат да се изпълняват само асани от категории А/В/С. (Моля, запознайте се с тежестта на точките за всяко ниво на йогасана, от А до С). Задължителните асани трябва да се избягват като асани по избор. Повторението на някоя асана или изборът на асани от същата категория ще доведе до 0 точки за втората асана. 4. Времето за задържане на задължителна асана е 45 секунди. 5. Времето за задържане на асана по избор е 15 секунди. 6. Винаги започвайте и завършвайте изпълнението с Намасте Мудра.

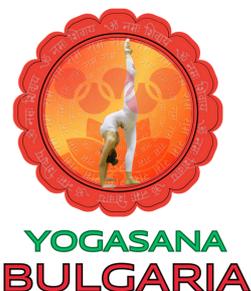


# Традиционна йогасана

Мъже и жени

## Полуфинален кръг

Диаграма на задължителните асани



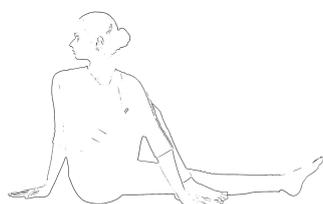
Халасана



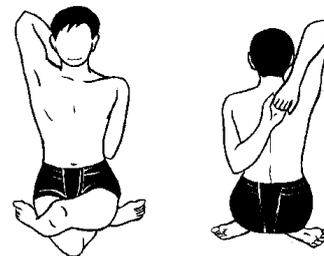
Уштрасана



Вакрасана



Гомукхасана



Veeerbhadrasana-III



Ето преработената версия на инструкциите на български език с подобрена яснота:  
Полуфинал (Втори кръг) Инструкции:\*\*

1. Състезателят трябва да изпълни 5 задължителни йога асани и 2 избрани йога асани във втория кръг. 2. За всеки от 5-те различни категории има по 2 таблица. Те са Наклон напред / Наклон назад / Завъртане / Баланс на ръце / Баланс на крака. 3. Състезателят трябва да избере тези 2 избрани асани от различни категории. Вторият кръг позволява изпълнението само на асани от категориите А/В/С/Д. (Моля, обърнете внимание на точките за всяка от категориите на йога асани (А до D)). Задължителните асани трябва да се избягват като избрани. Повторението на всяка асана или избирането на асана от същата категория ще доведе до получаване на 0 точки за втората асана. 4. Избраните асани, изпълнени в първия кръг, не могат да бъдат повторени във втория кръг. 5. Времето за задържане на задължителната асана е 45 секунди. 6. Времето за задържане на избраната асана е 15 секунди. 7. Винаги започвайте и завършвайте изпълнението си с Намасте Мудра.



# Традиционна йогасана

Мъже и жени

## Финален Кръг

Диаграма на задължителните асани



YOGASANA  
BULGARIA

Карна Пидасана



Чакрасана



Бадха Париврита  
Паршва Конасана



Гарудасана



Yoga for Harmony & Peace

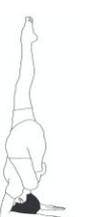
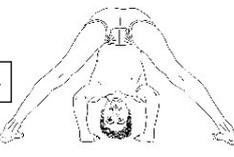
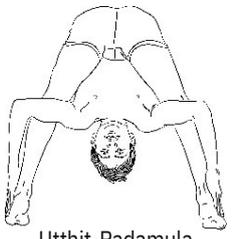
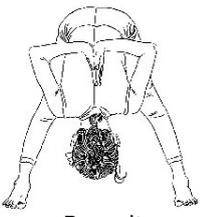
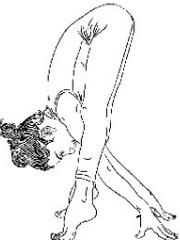
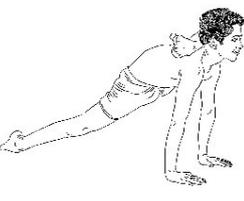
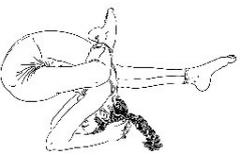
### Финален кръг

1. Спортистът трябва да изпълни 4 задължителни йога асани и 3 избрани йога асани във финалния кръг.
2. Има по две таблица за всяка от петте различни категории: Наклон напред, Наклон назад, Завъртане, Баланс на ръце и Баланс на крака.
3. Спортистът трябва да избере тези 3 избрани асани от различни категории. Само категориите А, В, С, D и Е на избрани асани могат да бъдат изпълнени във финалния кръг. (Моля, обърнете внимание на оценките за всяка от категориите на йога асани, от А до Е). Задължителните асани трябва да се избягват като избрани. Повторението на всяка асана или избирането на асана от същата категория ще доведе до получаване на 0 точки за втората асана.
4. Избраните асани, изпълнени в четвъртфиналния и полуфиналния кръг, не могат да бъдат повторени във финалния кръг.
5. Времето за задържане на задължителните асани е 30 секунди.
6. Времето за задържане на избраните асани е 15 секунди.
7. Винаги започвайте и завършвайте изпълнението си с Намасте Мудра.

## Optional Yogasana Charts

■ FB-1 ■

Forward Bend Standings (FBS)

	FBS-A Mark - 0.6	FBS-B Mark - 0.7	FBS-C Mark - 0.8	FBS-D Mark - 0.9	FBS-E Mark - 1.0
1	 Uttanasana - II	 Padapasha- Parshvottanasana	 Adhomukh Tittibhasana	 Kardalikasana - I	 Urdhvamukha Tittibhasana
2	 Raivatakasana	 Prasarit-pash padottanasana	 Skandha-Pada- Adhomukh-Shwanasana	 Kardalikasana - II	 Sheersha-Kurmasana
3	 Parshvottanasana	 Put-Pada- Shwanasana	 Paripurna-Tittibhasana	 Panavasana	 Adhomukh- Skandhapadasana
4	 Prasarit Padottanasana-1	 Prapada-Uttana- Prushthasana	 Suptakonasana	 Ardha Baddha Padmottanasana	 Utthit-Padamula Tittibhasana
5	 Prasarit Padottanasana-2	 Padahastottanasana	 Samatvasana	 Skandha-Pada- Dandasana	 Shatapadyasana

## Optional Yogasana Charts

■ FB-2 ■  
Forward Bend Floor (FBF)

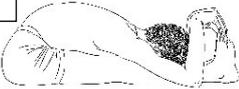
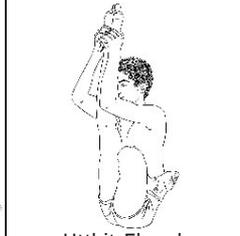
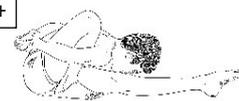
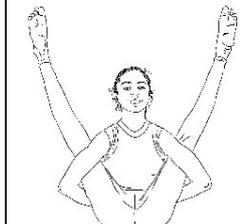
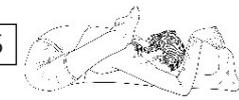
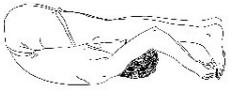
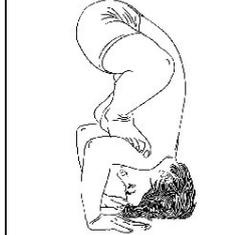
FBF-A  
Mark - 0.6

FBF-B  
Mark - 0.7

FBF-C  
Mark - 0.8

FBF-D  
Mark - 0.9

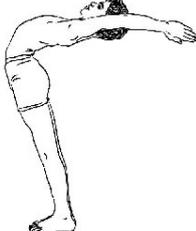
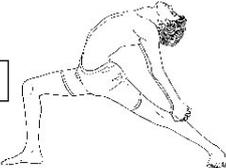
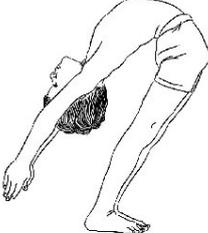
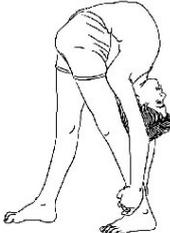
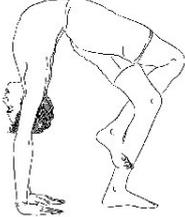
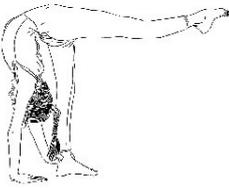
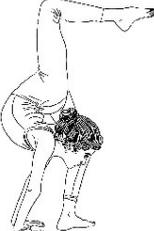
FBF-E  
Mark - 1.0

1	 Paschimottasana	 Upavishta-Konasana	 Saralahasta-Pinda-Padmasana	 Urdhvamukha-Paschimottasana - 1	 Supta Tittibhasana
2	 Halasana	 Krounchasana	 Karna-Peetasana	 Timayasana	 Utthit-Ekpada-Hasta-Prushtasana
3	 Ardha-baddha-Padma-Paschimottasana	 Salamb-Sarvangasana-1	 Baddha-Viparit-Kurmasana	 Parshva-Pindasana-Yukta-Sarvangasana	 Yoga-Nidrasana
4	 Marichyasana - 1	 Marichyasana - 2	 Pindasanayukta-Sarvangasana	 Urdhva-Padapadma-Sarvangasana	 Saraghasana
5	 Skandasana - I	 Urdhvamukha-Paschimottasana - 2	 Bhrunasana	 Ramadootasana	 Pingalāsana

## Optional Yogasana Charts

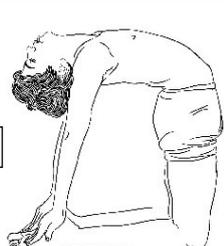
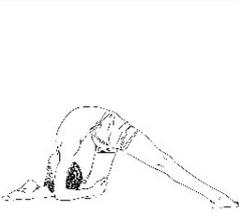
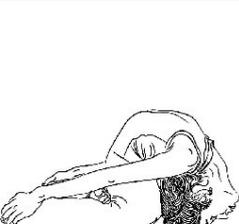
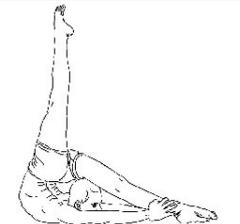
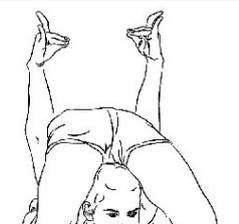
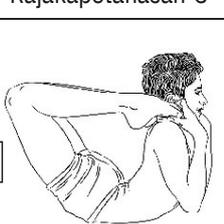
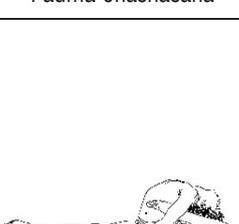
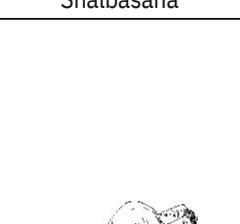
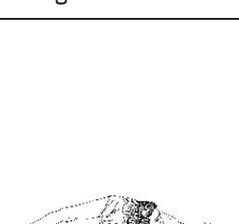
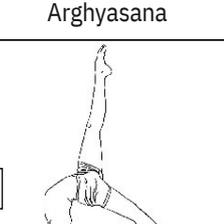
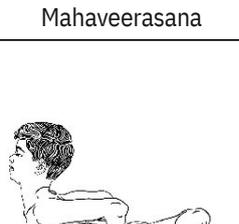
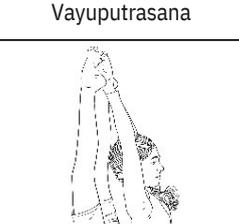
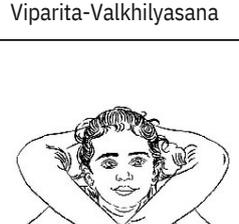
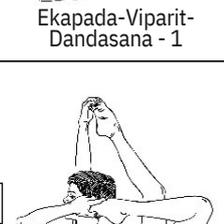
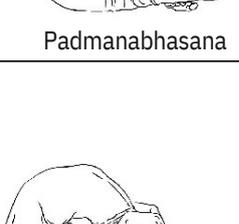
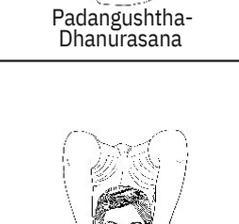
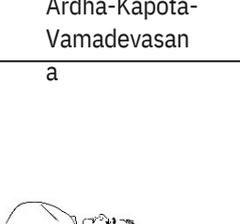
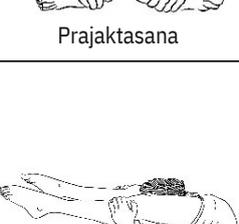
■ BB-1 ■

Back Bend Standing (BBS)

	BBS-A Mark - 0.6	BBS-B Mark - 0.7	BBS-C Mark - 0.8	BBS-D Mark - 0.9	BBS-E Mark - 1.0
1	 Ardha-Chandrasana	 Nandighoshasana	 Tryanga-Mukhotanasana	 Eka-Pada-Urdhva-Dand-Dhanurasana	 Urabhrasana
2	 Bheemasana	 Veernilasana	 Adhomukh Hastottanasana	 Mahakarnasana	 Mahaneelasana
3	 Chamatkarasana	 Darukasana	 Poorna-Chakrasana	 Konarkasana	 Dimbasana
4	 Chitroshtakasana	 Gajanasana	 Chakra-Garudasana	 Eka-Pada-Lambakona-Chakrasana	 Dhwaja Dwarasana
5	 Eka-Pada-Setubandha-chakrasana	 Girijasana	 Chakravyuhhasana	 Kambalāsana	 Kosha Krumikasana

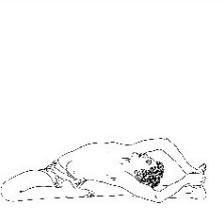
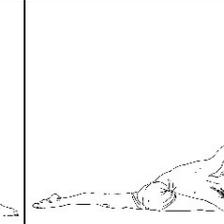
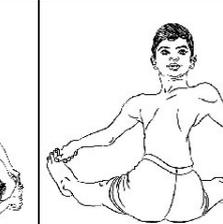
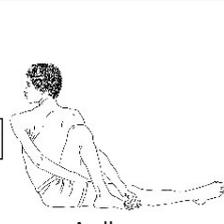
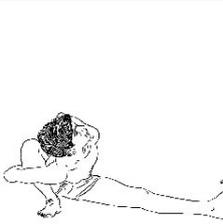
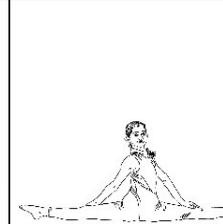
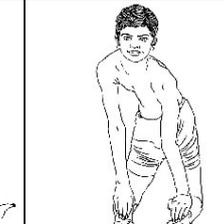
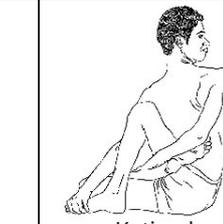
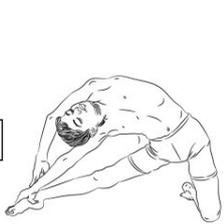
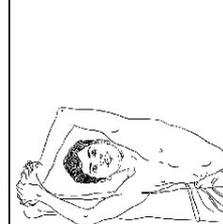
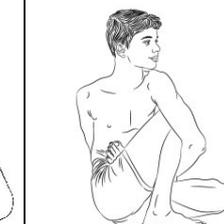
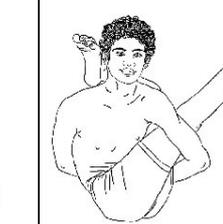
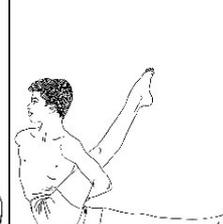
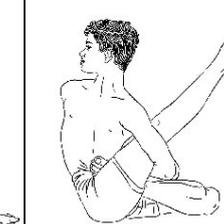
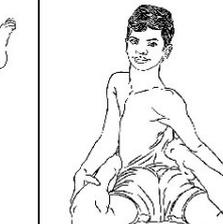
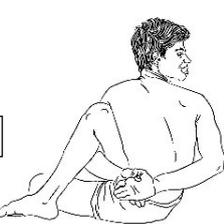
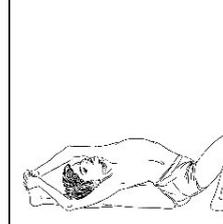
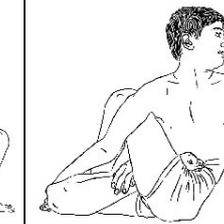
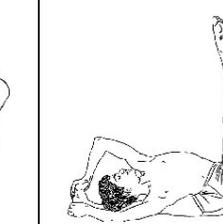
## Optional Yogasana Charts

■ BB-2 ■  
Back Bend Floor (BBF)

	BBF-A Mark - 0.6	BBF-B Mark - 0.7	BBF-C Mark - 0.8	BBF-D Mark - 0.9	BBF-E Mark - 1.0
1	 Ushtrasana	 Laghu-Vajrasana	 Purna-Chakrabandhasana	 Shankhapalāsana	 Chitrapatāngasana
2	 Ekapada- Rajakapotānasana-3	 Govardhanāsana	 Padma-Jhāshāsana	 Ekapada-Viparīta- Shalbasana	 Mriga-Mukhasana
3	 Arghyāsana	 Mahaveerāsana	 Vayuputrasana	 Sugreevasana	 Viparita-Valkhilyasana
4	 Ekapada-Viparīta- Dandasana - 1	 Padmanabhasana	 Padangushtha- Dhanurasana	 Ardha-Kapota- Vamadevasana	 Prajaktasana
5	 Shivadhanushyasana	 Poorna-Matsyasana	 Gandabherudasana	 Supta-Dimbasana	 Vibhakta-Viparita- Shalabhasana

## Optional Yogasana Charts

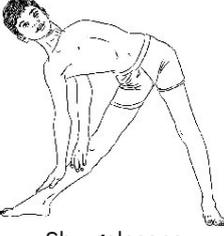
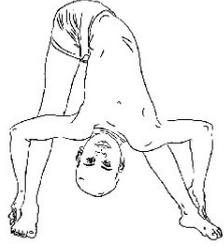
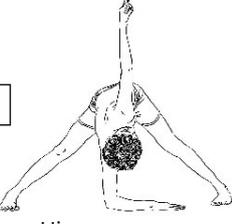
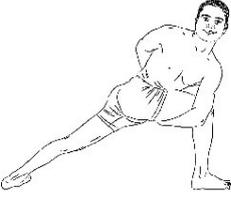
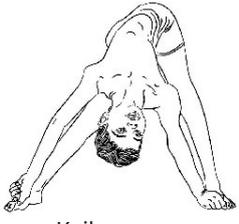
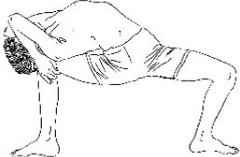
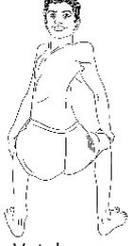
■ TB-1 ■  
Twisting Body Floor (TBF)

	TBF-A Mark - 0.6	TBF-B Mark - 0.7	TBF-C Mark - 0.8	TBF-D Mark - 0.9	TBF-E Mark - 1.0
1	 Parivritta - Padmasana	 Parivritta-Janu-Shirshasana	 Amit-Vikramasana	 Parivritta-Ramadootasana	 Parivritta Upavishta-Konasana
2	 Ardha-Matsyendrasana - IV	 Shoolpashasana	 Kesarisutasana	 Parivritta-Ushtrasana	 Katipada-Matsyendrasana
3	 Parighasana	 Marichyasana-III	 Parivritta-Paschimottasana	 Marichyasana - 4	 Parivritta-Eka-Pada-Shirasana
4	 Ranaveerasana	 Uddalakasana	 Trishoolpashasana	 Ardha-Padma-Shoolpashasana	 Pushpadantasana
5	 Baddhapada-Matsendrasana	 Ardha-Matsyendrasana - 1	 Padaputa-Parivritta-Janu-Shirasana	 Paripurna-Matsyendrasana	 Utthit-Pada-Parivritta-Janu-Shirasana

## Optional Yogasana Charts

■ TB-2 ■

Twisting Body Balance (TBB)

	TBB-A Mark - 0.6	TBB-B Mark - 0.7	TBB-C Mark - 0.8	TBB-D Mark - 0.9	TBB-E Mark - 1.0
1	 Parivrutta-Namanasana	 Shrugalāsana	 Parivrutta-Uttanasana	 Maroodāsana-1	 Malayāsana
2	 Himavānasana	 Baddha-Parivrutta-Parshva-Konasana	 Mahendrasana	 Kanchangangāsana	 Kailāsana
3	 Parivrutta-Utkāsan	 Baddhapada-Parivrutta-Upveshasana	 Angushta-Padottanasana	 Maheshwarāsana	 Parivrutta-Vishwamitrasana
4	 Parivrutta-Parshva-Konasana	 Parivrutta-Trikonasana	 Ardhapadma-Parivrutta-Parighāsana	 Nishigandhasana	 Putpada-Vishwamitrasana
5	 Vindhyāsana	 Parivrutta-Padottanasana	 Parivrutta-Kallyāsana	 Parshva-Kallyāsana	 Vetalāsana

## Optional Yogasana Charts

■ LB-1 ■

Leg Balance Backward Bend (LBB)

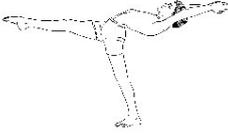
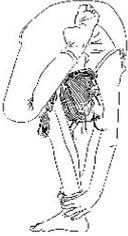
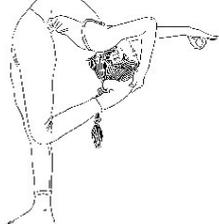
LBB-A  
Mark - 0.6

LBB-B  
Mark - 0.7

LBB-C  
Mark - 0.8

LBB-D  
Mark - 0.9

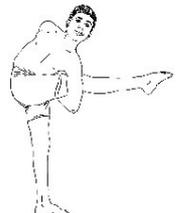
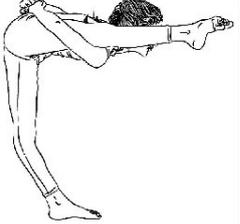
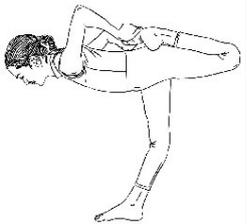
LBB-E  
Mark - 1.0

1	 Saral-Natarajasan	 Natarajasana	 Dwihastapada-Natarajasana	 Urdhvamukha-Veerabhadrasana	 Kunjarasana
2	 Hastapada-Lasyasana	 Muktahast-Marutsakhasana	 Anta-Gulfa-Hasta-Natarajasana	 Greevapada-Natarajasan	 Viparit-Dandayaman-Tripurasana
3	 Baddha-Natarajasana	 Lasya-Natarajasana	 Yoganandasana	a  Sundara-Vimanasana	 Vamdeva-Tripurasana
4	 Hastanka-Lasyasana	 Raj-Vimanasana	 Shikhapada-Natrajasana	 Pratyanchyasana	 Ekapada-Tryanga-Mukhottanasana
5	 Pratiruddhasana	 Vayu-Rathasana	 Skandhapada-Natarajasana	 Tandavasana	 Mohini-Astrasana

## Optional Yogasana Charts

■ LB-2 ■

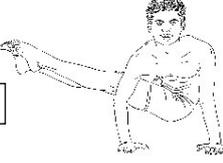
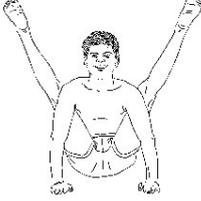
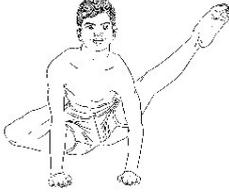
Leg balance Forward Bend (LBF)

	LBF-A Mark - 0.6	LBF-B Mark - 0.7	LBF-C Mark - 0.8	LBF-D Mark - 0.9	LBF-E Mark - 1.0
1	 Urdhva-Prasarita- Lambakonasana	 Dandayamana- Janushirasana	 Dhwajadandasana	 Ruchikasana-2	 Muktahasta- Trivikramasana
2	 Swarga-Dwijasana	 Veerbhadrasana-III	 Parivrutta-Baddha- Ardhachandrasana	 Vamanasana	 Urdhva-Prasarit- Eipadasana - II
3	 Pasha-Lamba- Konasana	 Parivrutta-Swarga- Dwijasana	 Uttkata-Dandayamana- Janushirasana	 Pakshikasana	 Kanishasana
4	 Garudasana	 Pashstrasana	 Niralamba Vatayanasana	 Sankhyasana	 Trishoolasana
5	 Vrukshasana	 Pushpakasana	 Garuda- Vimanasana	 Bhingyasana	 Sarasasana

## Optional Yogasana Charts

■ HB-1 ■

Hand Balance Forward Bend (HBF)

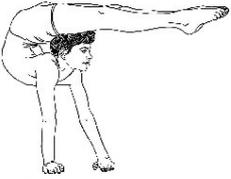
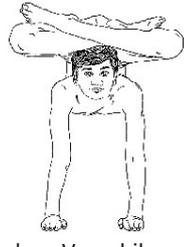
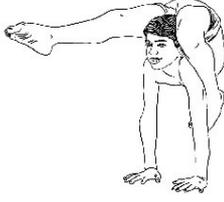
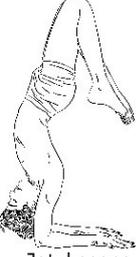
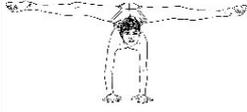
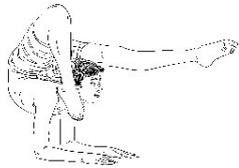
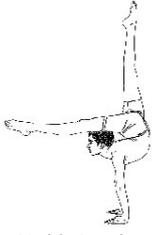
	HBF-A Mark - 0.6	HBF-B Mark - 0.7	HBF-C Mark - 0.8	HBF-D Mark - 0.9	HBF-E Mark - 1.0
1	 Brahmacharyasana	 Urdhva-Kukkutasana	 Adhomukh-Vrukshasana	 Dand-Tolan-Paschimottanasana	 Urdhvamukha-Hasta-Padmasana
2	 Kukkutasana	*	*	 Chakorasana	 Adhomukha-Utthit-Koormasana
3	 Bakasana	 Ashtavakrasana	 Koundinyasana	 Parivrutta-Tittibhasana	 Bramhasrasana
4	 Dwipada-Koundinyasana	*	 Tittibhasana	 Fanindrasana	*
5	 Bhallukasana	 Makshikasana	 Ekapada-Prushtha-Tittibhasana	 Utthit-Ekpada-Prushtha-Sheershasana	 Parashupashasana

Note - Females are advised to practice \* asanas with caution.

## Optional Yogasana Charts

■ HB-2 ■

Hand Balance Backward Bend (HBB)

	HBB-A Mark - 0.6	HBB-B Mark - 0.7	HBB-C Mark - 0.8	HBB-D Mark - 0.9	HBB-E Mark - 1.0
1	 Pinch-Mayurasana	 Padanka-Vrshikasana - II	 Ekpad-Vrushik-Shiva-Linkarasana	 Nagastrasana	 Parivrutta-Shiva-Lingakarasana
2	 Eka-Pada-Pinch-Mayoorasana	 Vruschikasana - II	 Karkotasana	 Padma-Vruschikasana	 Kakmukta-Hastasana
3	 Vruchikasana - 1	 Hasta Vyaghrasana	 Paripurmasana	 Ekpad-Kokilasana	 Dwipad-Kokilasana
4	 Jatukasana	 Padma-Pada-Vruschikasana - II	 Shiv-Lingakarasana	 Putpada-Kokilasana	 Hast-Samkonasana
5	 Ardha-Padma-Pincha-Mayoorasana	 Ekapada-Skandha-Shiva-Lingakarasana	 Ekpad-Kokila-Vruschikasana - 1	 Utthit-Lamb-Konasana	 Vibhakt-Pada-Shiva-Lingakarasana