



## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

*APSTIPRINĀTS:*

*LSJF prezidents Aleksejs Pavlovs  
Rīgā, 2016. gada 20. maijā*

### SACENSĪBU ĀSANU SARAKSTS (pielikums Nr. 1)

**1. (Part 1) HALF MOON WITH HANDS TO FEET POSE**

Difficulty Rating: 7



**1. (Part 2) HALF MOON WITH HANDS TO FEET POSE**

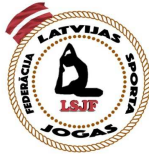
Difficulty Rating: 7



**1. (Part 3) HALF MOON WITH HANDS TO FEET POSE**

Difficulty Rating : 7





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 2. FISH

Difficulty Rating: 5



### 3. RABBIT

Difficulty Rating: 6



### 4. SPINE TWIST

Difficulty Rating: 6





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 5. STANDING HEAD TO KNEE POSE

Difficulty Rating: 7



### 6. TORTOISE – FULL/ LIFTING

Difficulty Rating: 8



### 7. BOW POSE

Difficulty Rating: 6





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 8. STANDING BOW PULLING POSE

Difficulty Rating: 7



### 9. DANCER POSE

Difficulty Rating: 8



### 10. STRETCHING

Difficulty Rating: 6





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 11. UPWARD STRETCHING

Difficulty Rating: 7



### 12. STANDING SPLITS

Difficulty Rating: 8



### 13. WIDE ANGLE TWIST

Difficulty Rating: 7





## **Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”**

### **14. FULL SPINE TWIST**

Difficulty Rating: 8



### **15. FULL COBRA POSE**

Difficulty Rating: 7



### **16. FULL BOW POSE**

Difficulty Rating: 8





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 17. FULL CAMEL POSE

Difficulty Rating: 7



### 18. WHEEL POSE

Difficulty Rating: 5

*\*1.un 2. vecuma kateg. sportisti var izpildīt āsanu no apakšas*



### 19. ONE LEGGED WHEEL POSE

Difficulty Rating: 6





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 20. FULL WHEEL POSE

Difficulty Rating: 8



### 21. LOCUST SCORPION

Difficulty Rating: 7

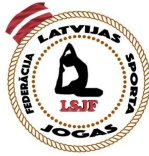


### 22. PIGEON

Difficulty Rating: 5







## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 23. LEG BEHIND HEAD

Difficulty Rating: 5



### 24. SLEEPING YOGI

Difficulty Rating: 6



### 25. OM

Difficulty Rating: 9





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 26. GOOD BYE

Difficulty Rating: 9



### 27. GUILLOTINE

Difficulty Rating: 5



### 28. LIFTING LOTUS

Difficulty Rating: 6





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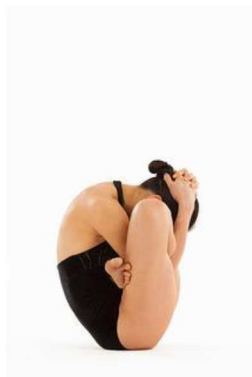
### 29. BOUND LOTUS

Difficulty Rating: 5



### 30. FETAL LOTUS

Difficulty Rating: 5



### 31. MOUNTAIN

Difficulty Rating: 8





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 32. SHORT PERSON

Difficulty Rating: 7



### 33. SPLITS (SIDE)

Difficulty Rating: 6



### 34. FROG

Difficulty Rating: 5





## **Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”**

### **35. SPLITS (STRAIGHT)**

Difficulty Rating: 5



### **36. SPLITS (WITH BACKBEND)**

Difficulty Rating: 7



### **37. SPLITS (WITH FORWARD BEND)**

Difficulty Rating: 7





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 38. SPLIT ARM

Difficulty Rating: 8



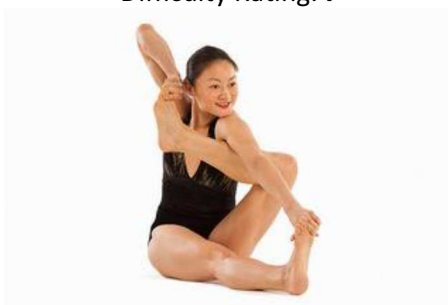
### 39. FULL STANDING BOW

Difficulty Rating: 9



### 40. ARCHER

Difficulty Rating: 7

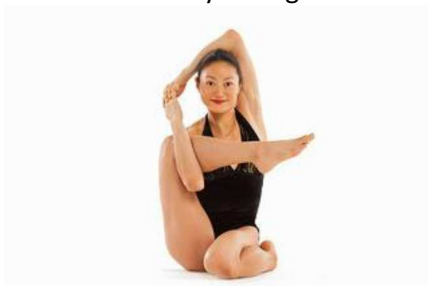




## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 41. FOUR ANGLE

Difficulty Rating: 5



### 42. COWFACE

Difficulty Rating: 5



### 43. CROW

Difficulty Rating: 7





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 44. CRANE

Difficulty Rating: 8



### 45. COCK

Difficulty Rating: 7



### 46. FINGERSTAND

Difficulty Rating: 7







## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 47. PEACOCK

Difficulty Rating: 7



### 48. ONE LEGGED PEACOCK

Difficulty Rating: 6



### 49. LOTUS PEACOCK

Difficulty Rating: 6





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 50. FOLDING UNFOLDING PEACOCK LOTUS

Difficulty Rating: 8



### 51. ONE ARMED PEACOCK

Difficulty Rating: 8





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 52. BOW LEGGED PEACOCK

Difficulty Rating: 9



### 53. SHOULDERSTAND

Difficulty Rating: 5



### 54. SHOULDERSTAND LOTUS

Difficulty Rating: 5





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 55. HEADSTAND

Difficulty Rating: 6



### 56. HEADSTAND LOTUS

Difficulty Rating: 6



### 57. TIGER

Difficulty Rating: 7





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 58. TIGER SCORPION

Difficulty Rating: 8



### 59. HANDSTAND

Difficulty Rating: 8



### 60. HANDSTAND LOTUS

Difficulty Rating: 9





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 61. HANDSTAND SCORPION

Difficulty Rating: 9



### 62. PALM TREE

Difficulty Rating: 9



### 63. MULABANDHASANA

Difficulty Rating: 8





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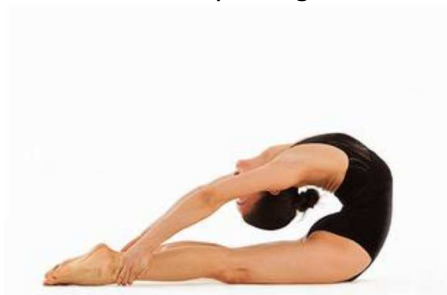
### **64. FLAG POSE**

Difficulty Rating: **8**



### **65. REVERSE STRETCH**

Difficulty Rating: **8**



### **66. HANDSTAND LOTUS SCORPION**

Difficulty Rating: **10**





## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

### 67. BOW LEG HANDSTAND SCORPION

Difficulty Rating: 10



### 68. TWO LEGS BEHIND THE HEAD HANDSTAND

Difficulty Rating: 10



### 69. ONE LEG BEHIND THE HEAD HANDSTAND / GOODBYE HANDSTAND

Difficulty Rating: 10







## Biedrība „LATVIJAS SPORTA JOGAS FEDERĀCIJA”

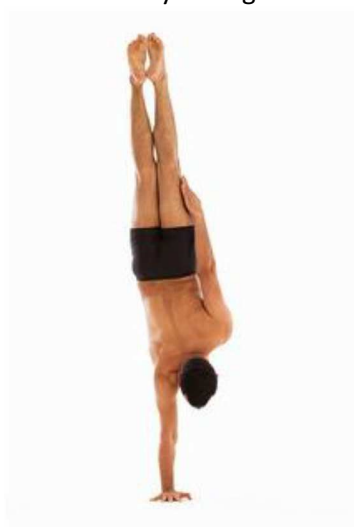
### 70. BOW LEG MOUNTAIN

Difficulty Rating: 10



### 71. ONE ARMED HANDSTAND

Difficulty Rating: 10





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### Saraksts (List) +

Nr.	Asana	Difficulty Rating
73.	Trikanasana (Bikram)	4
74.	Tuladandasana	4
75.	Dandayamana - Bibhatapada Paschimotthanasana	5
76.	Dandayamana Bibhatapada Janushirasana	4
77.	Bhujangasana	4
78.	Salabhasana	5
79.	Ustrasana*	4 5 (only category 1)
80.	Padangustasana (Hands Namaskar position)	5
81.	Garurasana	4
82.	Bakasana (saliektas rokas)	5
83.	Eka Pada Koundinyasana	5
84.	Eka Pada Bakasana	5
86.	Astavakrasana	5
87.	Urdhva Mukha Svanasana (only category 1)	4
88.	Adho Mukha Svanasana (only category 1)	5
89.	Half Splits with Namaskar (only category 1)	5