

5th National Yoga Championship 2019

On 6-7 July, 2019, at Fatehgarh Sahib Punjab.

Syllabus for National Yoga Championship

Note : The number in brackets refer to the correct posture as prescribed in the Asana Chart of Astang Yog Sansthan(India)

Optional Asana : Two optional Asana compulsory as per your choice.

<p>A) 5-10 yrs. Boys & Girls (Primary) 1 Eka Pada Sikandasana (9) 2 Vrikshasana (54) 3 Padahastasana (53) 4 Sasangasana (59) 5 Akarna Dhanurasana (4) Two optional asanas</p>					
	4 Akarna Dhanurasana	53 Ada Hastasana	54 Vrikshasana	9 Eka Pada Sikandasana	59 Sasangasana
<p>B) 10-15 yrs. Boys & Girls (Sub-Junior) 1 Garudasana (55) 2 Sirsha Padangushtasana (52) 3 Pashchimottanasana (41) 4 Garabhasana (2) 5 Utthit Eka Pada Sikandhasana (10) Two optional asanas</p>					
	55 Garudasana	41 Pashchimottanasana	10 Utthita Eka Pada Sikandhasana	52 Sirsh Padangushtyasana	2 Garabhasana
<p>C) 15-20 yrs. Boys & Girls (Junior) 1 virbhadasana (12) 2 Ardha Badha Parmottanasana (51) 3 Chakra Bandhasana (31) 4 Vibhakta Pashchimottanasana (46) 5 Purna Suptavajrasana (65) Two optional asanas</p>					
	12 Veerbhadraasana	51 Ardha Baddha Padmottanasana	31 Chakra Badhasana	65 Purna Supta Vajrasana	46 Vibhakta Pashchimottanasana
<p>D) 20-25 yrs. Boys & Girls (Senior) 1 Purna Chakrasana (30) 2 Natrajasana (40) 3 Vibhakta Janusirshasana (43) 4 Padam bakasana (63) 5 Rajkapotasana (60) Two optional asanas</p>					
	30 Purna Chakraasana	40 Natraj Asana	60 Raja Kapotasana	43 Vishakta Janusirshasana	63 Padam Bakasana
<p>E) 25-30 yrs. Men & Women (Elderly) 1 Natrajasana (40) 2 Dandyaman Janusirshasana (50) 3 Utthita Pashchimottasana (45) 4 Vibhakta Janusirshasana (43) 5 Dandyaman Eka Pada Sikandhasana (11) Two optional asanas</p>					
	11 Dandyaman Eka Pada Sikandhasana	43 Vishakta Janusirshasana	50 Dandyamana Janusirshasana	40 Natraj Asana	45 Utthita Pashchimottanasana
<p>F) 30-35 yrs. Men (Vetran-I) 1 Vatayanasana (49) 2 Virbhadasana (12) 3 Hanuman Asana (47) 4 Padam Mayurasana (7) 5 Purna Matsyendrasana (15) Two optional asanas</p>					
	15 Purna Matsyendrasana	12 Veerbhadraasana	49 Vatayanasana	7 Padma Mayurasana	47 Hanuman Asana
<p>G) 35-40 yrs. Women (Vetran-II) 1 Padahastasana (53) 2 Paschimottanasana (41) 3 Supta Vajrasana (64) 4 Akarna Dhanurasana (4) 5 Bandh Padmasana (1) Two optional asanas</p>					
	53 Ada Hastasana	1 Baddha Padanasana	4 Akarna Dhanurasna	41 Paschimottanasana	64 Supta Vajrasana
<p>H) 40-50 yrs. Men & Women (Vetran-III) 1 Padasatasana (53) 2 Paschimottasana (41) 3 Ushtrasana (57) 4 Utthit Padamasana (3) 5 Kurumasana (5) Two optional asanas</p>					
	53 Ada Hastasana	41 Paschimottanasana	57 Ushtrasana	5 Kurmasana	3 Utthita Padamasana

Events :

1. Individual Yoga
2. Artistic Yoga
3. Surya Namaskar
4. Group Yoga

Yoga conference will take place in this championship.

Player will be awarded by :

1. Certificate
2. Medal
3. Yoga Book

Eligibility :

The Championship is open to all individual Men and Women will complete separately. All competitors will need to provide a birth certificate or other legal with photo identification showing proof of age.

Prohibited :

No stimulating drug or alcohol beverage can be used before or during the competition by any competition. Any such use will be treated as violations of the rules. No watches, clocks or times are allowed on or near the competitor.

Complete entry form and submit at the venue on 6th of July, 2019, Time 10am to 5pm.

1. Registration charge.
2. Copy of photo ID to other proof of age.

Note :

Last date of submission is **15th of June 2019** otherwise late fee will be applicable.

For more information :

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