



## General Instructions for All Yoga Participants

1. All participants must reach the venue by 3:00 PM sharp.
2. Anyone late or absent will not be allowed to participate.
3. Warm up to be completed before the competition starts at the venue.
4. After arrival, participants must collect their batch number from the Help desk and sit in their allotted age-group section.
5. The competition will be judged by certified yoga teachers.
6. Grading will be done by the judges and their decision will be final and binding.
7. Any participant arguing or going against the judges participant will be disqualified immediately.
8. Once you enter the competition, you are bound by all rules and regulations set by the organizers.
9. Before entering the competition , All participants have to sign the Consent form.
10. Consent form is mandatory.
11. Participation Certificate-will be given to all participants.



## ROUND 1 — Compulsory Asanas

Participants must perform all compulsory asanas as announced.

### List of Compulsory Asanas

- Vrikshasana (Tree Pose)
- Padahasthasana (Hand-to-Foot Pose)
- Ushtrasana (Camel Pose)
- Dhanurasana (Bow Pose)
- Sarvangasana (Shoulder Stand)
- Paschimottanasana (Seated Forward Bend)
- Ardha Matsyendrasana (Half Spinal Twist)
- Trikonasana (Triangle Pose)
- Halasana (Plow Pose)
- Garudasana (Eagle Pose)



## 🧘 ROUND 2 — Advanced Asanas (Only for Participants Selected from Round 1)

### Each participant must perform:

- 1 Mandatory Asana (As per category below)
- 1 Asana of their Choice

#### 1. Arm Balance Category

- Mandatory: Kakasana
- Choice Asana: ———

#### 2. Twisting Category

- Mandatory: Kamar Marudhasana
- Choice Asana: ———

#### 3. Forward Fold Category

- Mandatory: Padahastasana
- Choice Asana: ———

#### 4. Inversion Category

- Mandatory: Shirshasana
- Choice Asana: ———

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## 🕒 Hold Time

Each asana must be held for **20 seconds**.