

❖ ARTISTIC YOGASANA EVENT

Artistic Yogaasana Single Event Competition

► Each category under age 14, 18 & 28 years.

The player will have to perform any five asanas of their choice from the following:

- 1.Vrischikasana
2. Standing Linkarasana
- 3.Natarajasana
- 4.Sthambh Sirasan (Dhruvasana)
- 5.Dhwajasana
- 6.Utthit Dwipad Skandhasana
- 7.Kand Pidasana
- 8.Eka Pada Skandasana



Vrischikasana



Linkarasana



Natarajasana



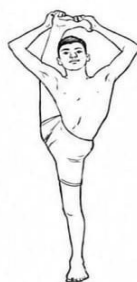
Kand Pidasana



Utthit Dwipad Skandhasana



Sthambh Sirasan (Dhruvasana)



Dhwajasana



Eka Pada Skandasana

➤ Participants have to chant Omkar – must clearly pronounce A-U-M (exhale) three times without music sound at the end.

➤ Holding time of each asana is 6 seconds for all groups and categories.

➤ Time duration for the presentation will be 150 to 180 seconds inclusive of A-U-M Chanting

■ Artistic Yogasana Pair Event

➤ A Separate competition will be held for Male & Female in each category under age 14, 18 & 28 years.

➤ Artistic Pair Yogasana consists of presentation of various Yogasana (postures), making and performed pyramid with music.

➤ The body touch is allowed for the Artistic Pair Yogasana, both athletes may perform different asanas, with emphasis on creativity, coordination, balance, synchronization, artistic presentation, and overall performance.

➤ Making of the pyramid will be given preference.

➤ The synchronization of body movements with music will be given top preference.

➤ 10 Yogasana formation should be performed by the performers of their own.

➤ Time duration for the presentation will be 150 to 180 seconds.

➤ The competitor must maintain each posture for atleast 6 seconds.

➤ Competitors must have to perform any of this music category (Music: Country's Folk Music, Patriotic Song Music, Devotional Music, Instrumental.).

■ ARTISTIC YOGAASANAS GROUP EVENT :

- Artistic Group of 6 to 12 Participants allowed.
- A separate competition will be held for male and Female in each category under age 12, 18, 28, 55 & above 56 years.
- Artistic Group Yogasana consists of presentation of various Yogasana (postures), making and performed pyramid with music.
- The body touch is allowed for the Artistic Group Yogasana.
- Making of the pyramid will be given preference.
- 10 Asanas should be performed by the performers of their own.
- Time duration for the presentation will be 150 to 180 seconds.
- The competitor must maintain each posture for atleast 6 seconds.
- Competitors must have to perform any of this music category (Music: Country's Folk Music, Patriotic Song Music, Devotional Music, Instrumental.)