

Rhythmic Yogasana Event

Rhythmic yogasana single event

- A separate competition will be held for Male and Female in each category under age 14, 18, & 28 years.
- The competitor has to perform 10 various asanas i.e., forward bending, backward bending, balancing, Twisting, front and sitting postures in all the four directions with music.
- The asanas and body movement should be synchronized with music.
- Time duration: 150–180 seconds. Each posture must be maintained for at least 6 seconds.
- Competitors must perform to any one of the following music categories: country's folk music, Patriotic song music, Devotional music & Instrumental.

■ Rhythmic Yogasana Pair Event

- A separate competition will be held for Male and Female in each category under age 12, 18 & 28 years.
- Rhythmic pair yogasana consists of presentation of various yogasana (postures).
- The same posture should be performed together by the pair.
- In the Rhythmic Pair Yoga Asana event, both athletes must perform the same asana at the same time with the same posture, synchronization, coordination, balance, and presentation.
- In rhythmic pair yogasana, body touch is not allowed for the competitors.
- The competitor has to perform 10 various asanas i.e., forward bending, backward bending, balancing, Twisting, front and sitting postures
- Time duration: 150–180 seconds. Each posture must be maintained for at least 6 seconds.
- Competitors must perform to any one of the following music categories: country's folk music, Patriotic song music, Devotional music & Instrumental.

■ Rhythmic yogasana group event

- A group of 5 participants only allowed.
- A separate competition will be held for male and female. in each category under age 12, 18, 28, 55 & above 56 years.
- Rhythmic yogasana group consists of a presentation of various yogasanas (postures) performed with music.
- Competitors has to perform 10 various asanas i.e., forward bending, backward bending, balancing, Twisting, front and sitting postures.
- Body touch is not allowed for the competitors.
- All participants in the group must perform the same asanas (postures), at the same time with the same posture, synchronization, coordination, balance, and presentation. while wearing the same costume.
- All participants must use the same leg, perform twists on the same side, and execute every movement uniformly.
- Time duration: 150–180 seconds. Each posture must be maintained for at least 6 seconds.
- Competitors must perform to any one of the following music categories: country's folk music, Patriotic song music, Devotional music & Instrumental.

