

YOGA WORLD RECORD ATTEMPT – 2026

General Rules & Regulations

- Open to all Yoga students, teachers, schools, colleges, institutions, and the general public.
- Participants may perform any Yoga Asana(s) of their choice.
- Each participant should perform for their maximum possible duration.
- Individual timings will be combined to achieve the 72,000 Seconds World Record.
- Example: One participant may perform 5 minutes, another 10 minutes, another 15 minutes, and so on.
- Maintain proper posture and follow the instructions of the judges.
- Wear comfortable Yoga attire and perform barefoot.
- Participants with serious medical conditions should not participate without medical advice.
- Report to the venue 30 minutes before the scheduled time.
- The judges' decision shall be final and binding.
- Every participant contributing to the World Record Attempt will receive an Official Participation Certificate and an Official World Record Medal.

■ Every Second Counts – Together We Create History! ■