

■ COMMON YOGA EVENT

EVENT RULES

Event Rules

1. **No Age Limit:** Participants of all age groups can participate, starting from Below 6 Years and continuing through all age categories.
2. **Asana Selection:** Participants may choose any 5 Yoga Asanas of their own choice.
3. **Performance Duration:** Maximum 3 minutes for the complete performance.
4. **Holding Time:** Each selected asana must be held for a minimum of 6 seconds.
5. **General Instructions:** Participants must follow all other general Instructions and Rules given by the organizers.

■ *Showcase your common Yoga practice with discipline, stability and grace!*