



GLOBAL BOOK OF YOGA RECORDS

— An Exclusive World Record Book for Yoga —



YOGA WORLD RECORD ATTEMPT

FIRST TIME IN THE WORLD



Sage Patanjali



SYMBOLIC SAGE PATANJALI 196 SUTRAS YOGASANA CHALLENGE



196 Participants • 196 Asanas • 196 Seconds

A unique Yoga World Record Attempt where 196 participants perform any asana(s) from the designated list of 196 Asanas for a total duration of 196 seconds.



A symbolic celebration of the 196 Yoga Sutras of Sage Patanjali, representing the timeless wisdom of Yoga through physical practice, discipline, concentration, and harmony.



INDIAN YOGA FESTIVAL – 2026



National Level Yoga Competition

Yoga World Record

Yoga Awards Ceremony



Date:
22 November 2026
(Sunday)



Time:
10:00 AM – 5:00 PM



Venue:
Decathlon Sports – Whitefield,
Bengaluru, Karnataka – 560048



Registration Fee:
Rs. 1000/-



Download Global School of Yoga app
from Play Store and register online



Every Participant Receives



Official World Record Certificate



Official Global Book of Yoga Records Medal



Recognition as an Official Yoga
World Record Participant



Open To



Yoga Students



Yoga Teachers



Schools & Colleges



Yoga Institutions & Studios



General Public

Organized By



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* pignamuktasatram *
Indian Yoga Association –
Associate Centre



UNIVERSAL YOGA CLUB
EAST | WEST | NORTH | SOUTH | CENTRE
Universal Yoga Club



Global Book of Yoga
Records



“196 Participants • 196 Asanas • 196 Seconds”

Create History • Create a World Record • Inspire the World Through Yoga





NATIONAL YOGA COMPETITION 2026

YOGA WORLD RECORD

196 SUTRAS YOGASANA

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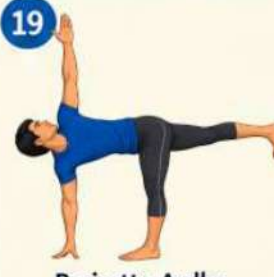
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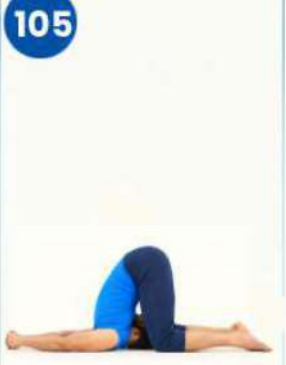
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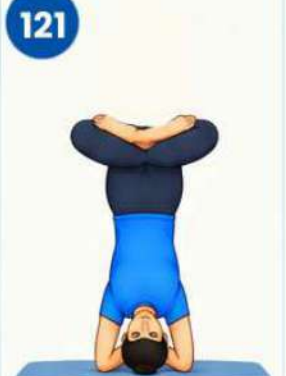
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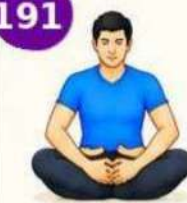
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