

GOVERNMENT OF PUDUCHERRY
DEPARTMENT OF TOURISM
19th INTERNATIONAL YOGA FESTIVAL 2012

SYLLABUS FOR YOGASANA COMPETITION - 2012

Competitions are required to perform two compulsory Asanas out of the given ten as per draw of lots that will be conducted at the start of each age group competitions.

(Marks: 2 x 10 = 20)

Competitions will also be allowed to perform 1 Asana of their own choice after completion of the two compulsory Asanas.

(Marks: 1x10 =10)

Total Maximum marks for Asanas after five Judge Panel will be 90. Theory marks will be 10 marks. Therefore Total of Practical & Theory will be maximum of 100 marks.

COMPULSORY YOGASANA LIST

Numbers in paranthesis() indicate plate number in "Light on Yoga" by BKS Iyengar.

List of yogasanas prescribed for the competitions for different age group both male and female.
Age Group- 10 to 15:

1. Ekapada Bakasana (446)
2. Ekapada Viparita Dandasana II (523)
3. Ekapada Sirasana (208 – 209)
4. Kala Bhairavasana (378)
5. Parshva Pindasana in Sarvangasana (271)
6. Pincha Mayurasana (357)
7. Rajakapotasana (551)
8. Sirsa Padasana (570)
9. Supta Kurmasana (368)
10. Tittibhasana (395)

16 to 20 years:

1. Ardha Baddha Padmottanasana (52)
2. Ekapada Urdhva Dhanurasana (502)
3. Ekapada Viparita Dandasana II (523)
4. Ekapada Sirsana (208-209)
5. Kala Bhairavasana (378)
6. Parshva Pindasana in Sarvangasana (271)
7. Sethu Bandhasana (296)
8. Sirsa Padasana (570)
9. Supta Kumarasana (368)
10. Tittibhasana (395)

21 to 25 years:

1. Durvasasana (383)
2. Ekapada Bakasana (446)
3. Ekapada Viparita Dandasana II (523)
4. Hanumanasan (476a)
5. Kala Bhairavasana (378)
6. Natarajasana (590)
7. Parshva Pindasana in Sarvangasana (271)
8. Sethu Bandhasana (296)
9. Supta Bhekasana (458)
10. Tittibhasana (395)

26 to 35 years:

1. Ardha Baddha Padmottasana (52)
2. Hanumanasana (476a)
3. Kala Bhairavasana (378)
4. Laghu Vajrasana (513)
5. Mukta Hasta Sirsasana (201)
6. Natarajasana (590)
7. Parshva Pindasana in Sarvangasana (271)
8. Sethu Bandhasana (296)
9. Supta Bhekasana (458)
10. Vatayanasana (59)

36 to 50 Years:

1. Chakorasana (380)
2. Ekapada Galavasana (431)
3. Ekapada Sirsasana (208-209)
4. Kurmasana (363)
5. Natarajasana (590)
6. Nirlamba Sarvangasana (237)
7. Supta Kurmasana (368)
8. Tittibhasana (395)
9. Urdhva Kukkutasana (419)
10. Vatayanasana (59)

51 years and above: Own Choice.

GOVERNMENT OF PUDUCHERRY
DEPARTMENT OF TOURISM

19th INTERNATIONAL YOGA FESTIVAL- 2012

4th to 7th January -2012

REGISTRATION FORM

1. Name of the Applicant :
2. Address -
 - (i) If Group, Name of Organisation :
 - (ii) Door No. :
 - (iii) Street :
 - (iv) Village & Town :
 - (v) City & State :
 - (vi) Country :
 - (vii) E-mail ID :
3. Sex : Male / Female
4. Age :

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 Years
5. Category of participation : (a) Competition
(b) Lecture Demonstration
(c) Speaker
(d) Delegate

(I) Topics for Lecture Demonstrations

(II) Topics for Workshop / Discourse

- Yoga for woman
 - Yoga for Children
 - Yoga for Cardiovascular disorders
 - Yoga for Diabetes
 - Yoga for Stress Management
 - Yoga for Respiratory disorders
 - Yoga and daily life
- * Gitananda Tradition Of Yoga
 - * Iyengar Tradition Of Yoga
 - * Krishnamacharya Tradition Of Yoga
 - * Kaivalyadhama Tradition Of Yoga
 - * Yoga Institute Tradition Of Yoga
 - * Yoga And Ayurveda
 - * Yoga and Sports

6. Registration Fees :
- | | |
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| Foreigner with food & accommodation..... | \$ 70 |
| Foreigner without accommodation..... | ₹. 1000 |
| Indian with food & accommodation..... | ₹. 1000 |
| Participant below 15 years of age with food & accommodation
(Age Proof must) | ₹. 500 |
| Participant below 15 years of age without food & accommodation..... | ₹. 200 |
| Accompanying parent with food & accommodation..... | ₹. 1000 |

Note:- The speakers should register on or before 04-12-2011 by sending their application with topic concern by post (or) E mail: pondytourism@gmail.com . The participants should reach Subalakshmi Mahal, Muthialpet, Puducherry on 4.1.2012 at 9.00 a.m for Registration.

Date:

Signature of the Applicant