

ASIA PACIFIC 2.0

YOGASANA SPORTS CHAMPIONSHIP-2024

DATE: 14-09-2024 to 20-09-2024
VENUE: GRAND PALAZZO, THAILAND



WELCOME TO ALL THE ATHLETES AND JUDGES

PROVIDING FOR THE ATHLETES

- 3 DAYS COACHING CAMP
- AIR-TICKET
- INSURANCE
- VISA
- COMPETATION ENTRY FEES
- BLAZER
- TRACK SUITE
- T-SHIRT
- FOOD
- STAR HOTEL ACCOMADATION
- SNACKS
- CAP
- GOGGLE
- SOCKS
- ID CARD
- YOGA MAT & BAG
- LOCAL SIGHT SEEING
- AIRPORT PIC-UP

The Total Payments Structure Per Head ₹85,000/-
Confirm within 5th August 2024

Note: After the payment
we will provide you the confirmation letter



DR. M. NIRANJANA MURTHY
International Organizer



SGS International Yoga Foundation College
and Research Centre, Bengaluru

For more details Contact: 9343583787 / 9108247999 / 9945838787
sgsyogaoundation@gmail.com, www.sunshinetheyogazone.com



CHAKRASANA
(Wheel Pose)



GARUDASANA
(Eagle Pose)



PASCHIMOTTASANA
(Seated Forward Bend)



TRIKONASANA
(Triangle Pose)



*Padma Sarvangasana
(Shoulderstand Lotus Pose)*



*VRIKSHASANA
(Tree Pose)*



*DHANURASANA
(Bow Pose)*



*PADAHASTASANA
(Hand-to-foot Pose)*



USHTRASANA
(Camel Pose)



HALASANA
(Plough Pose)



PURNA SHALABHASANA
(Locust Pose)



MATSYASANA
(Fish Pose)



OMKARASANA
(Dance Pose)



HANUMANA ASANA
(Monkey Pose)



ARDHA MATSYENDRASANA
(Half Spinal Twist)



Ardha Chandrasana
(Half Moon Pose)

Traditional Yogasana Championship

Participant has to do 3 Asanas from given chart
& 2 Optional Asanas from out of the chart

Artistic & Rhythmic Yoga Asian /National / State Yoga Championship

- Time duration for the presentation will be 120 to 150 seconds.
- The competitor will maintain each posture for at least 4-5 seconds during the performance.
- The transition from one posture to another posture should be slow & Artistic.
- No Prop will be allowed during the performance of Artistic Yoga Competition.
- Devotional Music/ Spiritual Mantras / Classical Music will be given preference.
- In all the performance minimum 10 Yoga postures must mix 2 backward bend, 2 forward Bend, 2 leg balance, 2 Hand Balance, 2 Inversion or Spine Twist.

CHAMPION OF CHAMPIONSHIP ROUND

1. All the *First* Winners of *Traditional Yoga* age group in will qualify the champion of champions round.
2. Participants will perform 5 asan's in champion of champions round.
3. Asana's can be selected by own preference but in these forms, those asana's must be selected by choosing one *forward bending*, one *backward bending*, one *leg balance*, one *arm balance* and one *twisting pose*.
4. All Gold medallist athletes from Mom's Category's will participate in champion of champion round.
5. The decision will be based on the participant's flexibility, alignment, strength, balance, facial expressions, dress code and overall presentation.
6. The Jury's decision will be final.

Yogasana Age Categories:

- | | |
|---------------------------------------|---------------------------------------|
| 1 Sub Junior Group 05-08 Years Boys | 13. Senior Group 31-40 Years Men |
| 2. Sub Junior Group 09-12 Years Boys | 14. Senior Group 41-50 Years Men |
| 3. Sub Junior Group 05-08 Years Girls | 15. Senior Group 21-25 Years Women |
| 4. Sub Junior Group 09-12 Years Girls | 16. Senior Group 26-30 Years Women |
| 5 Junior Group 13-15 Years Boys | 17. Senior Group 31-40 Years Women |
| 6. Junior Group 16-18 Years Boys | 18. Senior Group 41-50 Years Women |
| 7. Junior Group 19-20 Years Boys | 19. Senior Group 51-60 Years Men |
| 8. Junior Group 13-15 Years Girls | 20. Senior Group 61-70 Years Men |
| 9. Junior Group 16-18 Years Girls | 21. Senior Group 70 Above Years Men |
| 10. Junior Group 19-20 Years Girls | 22. Senior Group 51-60 Years Women |
| 11: Senior Group 21-25 Years Men | 23. Senior Group 61-70 Years Women |
| 12. Senior Group 26-30 Years Men | 24. Senior Group 70 Above Years Women |

CONTACT FOR FURTHER DETAILS

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Founder President

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Mr. Harshan R

Manager

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SGS INTERNATIONAL YOGA FOUNDATION COLLEGE AND RESEARCH CENTRE

**SUNSHINE THE YOGA ZONE, 2ND FLOOR, JAWAHARLAL NAHRU ROAD, BEML LAYOUT,
4TH STAGE, RAJARAJESHWARI NAGAR, BENGALURU, KARNATAKA-560098**

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