

श्री Sanjeevni Kriya Yog Foundation

New Colony, Rishikul, Haridwar (Uttarakhand)

Web : www.ssky.in, Email : manojupreti75@gmail.com, For Enquiry : 9997489178, 7206604604

1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022

Final Round



Omkarasana



Parivrita-Vishwamitrasana



Ekapada-Viparita-Shalbasana



Baddha-Parivrita-Parshva-Konasana



Shiv-Lingakarasana



Padma-Vruschikasana



Dand-Tolana-Paschimottasana



Parivrutta-Swarga-Dwijasana



Purna-Chakrabandhasana



Makshikangasana

Notification of Final Round

- Competitor has to perform all ten Yogasanas mentioned in the list .
- Holding time of each Yogasana is 30 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022

Semi Final Round



Uttkata-Dandayamana-
Janushirasana



Garudasana



Padma-Mayoorasana



Vrushchikasana



Pinch-Mayurasana



Natarajasana



Hanumanasana



Urdhvanakha
Titibhasana



Laghu-Vajrasana



Purna Salbhasana

Notification of Semi Final Round

- Competitor has to perform all ten Yogasanas mentioned in the list .
- Holding time of each Yogasana is 30 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

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1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022 QUARTER FINAL ROUND



Dandayamana Janushirasana



Bakasana



Urdhva Kukkutasana



Ashtavakrasana



Swarga-Dwijasana



Tittibhasana



Koundinyasana



Adhomukh-
Vrikshasana



Mayurasana



Kukkutasana

Notification of Quarter Final Round

- Competitor has to perform all ten Yogasanas mentioned in the list .
- Holding time of each Yogasana is 30 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

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1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022 2nd QUALIFYING ROUND



Halasana



Purna Bhujangasana



Ekapada-
Rajakapotasana



Paripurna-Matsyendrasana



Purna -Chakrasana



Ek-Pada-Skandhasana



Paschimottasana



Purna
Dhanurasana



Kurmasana



Yoga-Nidrasana

Notification of 2nd Qualifying Round

- Competitor has to perform all ten Yogasanas mentioned in the list .
- Holding time of each Yogasana is 60 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.

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1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022 1st QUALIFYING ROUND



Parivritta-
Trikonasana



Parivritta-
Paschimottasana



Ardha-
Matsyendrasana



Ardha Buddha
Padmottasana



Karna-Peedasana



Urdhva-Mukha-
Paschimottasana



Bhujapidasana



Dhanurasana



Shirshasana



Ushtrasana

Notification of 1st Qualifying Round

- Competitor has to perform all ten Yogasanas mentioned in the list .
- Holding time of each Yogasana is 60 seconds.
- Always start and end your Yogasana performance with Namaste Mudra.



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1ST INTERNATIONAL YOGA WEEK OPEN CHAMPIONSHIP SYLLABUS – 2022

SELECTION ROUND

- 1.Surya Namaskar with Mantra**
- 2.Padahasthasana**
- 3.Chakrasana**
- 4.Halasana**
- 5.Ushtrasana**
- 6.Sarvangasana**

Notification of Selection Round

- Competitor has to perform all ten
Yogasanas mentioned in the list.
- Holding time of each Yogasana is 60 seconds.
- Always start and end your Yogasana
performance with Namaste Mudra.