

LAKULISH WORLD YOGA CHAMPIONSHIPS 2010

Sponsored By
LIFE MISSION, GUJARAT, INDIA.
Organized By
WORLD FEDERATION OF YOGA & CULTURE, GUJARAT, INDIA.
In Association With
INDIAN FEDERATION OF YOGA & CULTURE, GUJARAT, INDIA.
YOGA AND CULTURAL ASSOCIATION OF MAHARASHTRA, MUMBAI, INDIA.
Conducted By
Lakulish Institute of Yoga (Founded 1976)
Rajrajeshwardham, NH # 8A, Jakhan, P.O. Box 27,
Limbdī - 363421, Surendranagar District, Gujarat, India.
Phones: +91-2753-261863 / 292063
Email: life_mission@hotmail.com

FIRST ANNOUNCEMENT
AND CALL FOR CONFIRMATION OF INTEREST & REGISTRATION

To:

All Regional/ National/International Yoga Associations, Councils, Federations, Non Profit Institutions, Establishments, Etc. Active In Yoga Teaching, Training, Extension, & Practice.

Dear Friend,

World Federation of Yoga and Culture, Gujarat, India, takes pleasure in announcing its second World Yogasan Championships and in inviting you to participate in the event.

Information handout, Rules and Regulations and Registration Forms are attached. World Federation of Yoga and Culture requests confirmation of your interest in association with / participation in the events.

Please go through the enclosed handout and familiarize yourself with the details of the event.

Please confirm your interest in participation in / association with the same.

Please fill out and return the enclosed Registration Forms to enable us to initiate the detailed programming procedures and formalities.

Please email the completed Registration Forms and follow up by hard copy through normal air mail. We look forward to your early response and to a very fruitful and mutually rewarding association in an area of mutual and shared interest. Please forward this mail and attachments to others you consider likely to be interested in the event.

Very Cordially,

A.U. Solanki
Secretary

EVENT ANNOUNCEMENT

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Dates: 8, 9, 10, January, 2010.

Venue: Andheri Sports Club, Mumbai, India.

Accessibility: Mumbai is well connected by air with all major international airports.

Eligibility: All yoga organizations.

Local Facilities Provided to Participants: All local boarding, lodging and transport

Fees and Charges: None

Limitation on Delegation Size: Not exceeding 30, inclusive of delegation managers and handlers.

Rules and Regulations: as posted on this website.

Address Inquiries To:

RJ Jadeja, Director, Lakulish Yoga Vidyalaya, Life Mission,
Jakhan, Post Box 27-Limbdi, Gujarat, India.

life_mission@hotmail.com

Phone: +91-94264 50615

or

Mr. Kanti Patel

Email: lifemissionmumbai@hotmail.com

Detail literature will be provided on receiving conformation.

Last date of confirmation on intent to participate is 1st October-2009

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Delegation Registration Form For Yogasan Championships 2010

COUNTRY REPRESENTED -----

IF RECOGNIZED STATE/COUNTRY LEVEL ORGANIZATION YES NO

YEAR ESTABLISHED

MEMBER STRENGTH Organizations----- Individuals

COMPLETE MAILING ADDRESS-----

EMAIL ----- PHONE----- FAX -----

**PLEASE ATTACH INFORMATION MATERIAL ABOUT YOUR ORGANIZATION
DELEGATION COMPOSITION DETAILS**

Manager (Name)

Coach (Name)

Physio (Name)

Other Officials (Names)

Competitor Numbers – Men Women

Travel Details

Port of Embarkation for India

First Port of Arrival in India

Date of Arrival in India

Date Arriving in Mumbai

Signature of Delegation Leader

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Delegation Individual Participant Registration Form for Yogasan Championships 2010

Name: LastMiddle.....First.....

Prefer to be addressed as

Date of Birth

Nationality/Country of Origin

Passport Number

Passport Issuing Authority

Port of Embarkation for India

First Port of Arrival in India

Date of Arrival in India

Last Destination Visited in India

Visa Validity Expires on

Next Visiting

Permanent Postal Address

Email Address

Signature of Participant

World Yogasan Championships 2010

Rules and Regulations

1. **Classification of events for Competitors (Male & Female)**

This competition is for the following disciplines.

- A. Athletic (Contemporary) Yogasan Championship
- B. Artistic Yogasan Championship
- C. Combination Championship of Yogasan
- D. Best of the best Championship

2. **Competition Age Group Categories**

Participants will compete in separate sections for Boys and Girls and five age groups as follows in each section:

1. 10-14 years
2. 15-19 years
3. 20-25 years
4. 26-35 years
5. Above 35 years

A. Athletic Yogasan competition will be conducted in two rounds, preliminary and final.

A.1. Preliminary Round Performance Requirements for Athletic Yogasan

First round of the Athletic Yogasan Championship will require performance of two asanas from each of the following three groups, as assigned by the panel of judges.

Group A

1. PASHCHIMOTTANASAN
2. GANDIVASAN (PURNA DHANURASAN)
3. SARVANGASAN
4. MATSYASAN
5. PURNA MATSYENDRASAN
6. UTTAN- PADASAN

Group B

1. PURNA CHAKRASAN
2. SHIRSHASAN
3. KUKKUTASAN
4. BAKASAN
5. UGRASAN (BHOOMASAN)
6. PURNA SALABHASAN

Group C

1. ARDHA-VRUSHCHIKASAN (VYGHASAN)
2. UTTHA-PADMASAN
3. SANKHYASAN
4. UTTHIT TITIBHASAN
5. URDHVOTTANASAN (UTTHIT PADHASTASAN)
6. PADMA MAYURASAN (Only for Boys)

A.2. Performance Standards for Athletic Yogasan.

- a. Group A asanas are required to be performed and sustained for a minute for age group below 19 years and for 2 minutes for the other age groups.
- b. Group B asanas are required to be performed and sustained for 15 seconds for age group below 19 years and for 30 seconds for the other age groups.
- c. Group C asanas are required to be performed and sustained for 10 seconds for age group below 19 years and for 20 seconds for the other age groups.

A.3 Evaluation System

Each asana will carry 10 marks. Thus, participants will receive marks out of a possible total of 60. The distribution of these 10 marks by evaluation criteria is as follows:

1. Performance style leading up to attainment of the final stage of the Asana: 1 Mark.
2. Perfection of the posture of the Asana: 4 marks.
3. Exhibition of the asana without tension and trembling: 2 Marks.
4. Retention of the asana for fixed time with smiling face and pleasant expression: 2 Marks.
5. Style of returning to the original position: 1 Mark.

A.4 Each participant will be allowed a maximum of three attempts for optional Asanas, group C Asanas and chart of final Asanas. One mark will be deducted for one trial and two marks for two trials.

A.5 Rules for the Final Rounds of the Athletic Yogasan Championship

Top twelve competitors from the preliminary round will be selected for the final round

- a. Each competitor will have to perform any FOUR from among the following Asans.
- b. The Asans are to be performed and sustained for 10 seconds for age groups below 19 years, and 20 seconds for the other age groups.

1. Nipunasan (Standing Vrushchikasan)
2. Standing Linkarasan
 3. Natarajasan
 4. Bhagirathanasan
 5. Shundasan (Gand Bherundasan)
 6. Dhvajasan (Flag)
 7. Kamar Marodasan (Waist Twist Asan)

- c. **Pranav Dhvani 10 marks. The marking scheme If of Pranav Dhavni is as under:**

The combined duration of two rechak (exhalations)

90 seconds	10 Marks
80 seconds	09 Marks
70 seconds	08 Marks
60 seconds	07 Marks
50 seconds	06 Marks
40 seconds	05 Marks
35 seconds	04 Marks
30 seconds	03 Marks
25 seconds	02 Marks
20 seconds	01 Marks

A.6. The choice of asana will not be allowed to be changed once the process of performance of the competitor's asana of choice has begun.

A.7 Dress Code

- a. Track suits will not be permitted while performing Asanas.
- b. Slacks, shorts or costumes are mandatory.
- c. Use of well-fitting innerwear with restraining elastic is mandatory.

A.8 Judging.

- a. The panel of judges will consist of one Chief Judge, five other judges, a scorer and two time keepers.
- b. There will be two panels of judges - one for the boys and one for the girls.
- c. The judges will write the marks of every Asana in their scoring sheet and display the marks card so that the spectators may see and the scorer can note down the final marks and announce it.
- d. The 5 judges will award marks out of a total of 10 marks to each participant for each Asana separately. The two highest and two lowest marks awarded by the judges will be deleted and the remaining one mark will be considered the final score.
- e. The judges will be free to observe the player on the carpet and, if necessary, to order the player to perform the Asana again.

Other Competition Sections.

B. Artistic Yogasan Competition

(Male and Female in Below 15 Years and Above 15 Years Age Groups).

Artistic yoga consists of presentation of various Asanas including forward bending, backward bending, balancing, forward and backward lying postures, sitting and standing postures, twisting postures, etc. performed in all four directions with music of the participant's choice. The performance is evaluated for unbroken and smoothly flowing synchronization of body movement with music. Each participant's repertoire is required to cover 12 to 15 postures of his/her choice. The full repertoire should be executed in 120 to 150 seconds.

C. Combination Yogasan Championship (Male and Female)

1. 11-19 years
2. 20-25 years
3. 26-35 years
4. Above 35 years

Competitors should perform five asanas of their own choice. One forward bending, one backward bending, one twisting, one leg balance and one hand balance. Each asan is required to be held for 15 seconds.

D. Best of the Best

The first ranking performer of each age group in each section (male and female) in Athletic Yogasan and combination championship will be eligible to compete in the Best of Best category. The winner will be awarded the title Mr. Yogi (India & World) and Miss Yogini (India & World). The competitors will perform three asanas to be determined and announced by the judges on the spot. Competitors should attempt to sustain the posture for as long as possible since duration of posture held carries points.

3. Marking System in event of tie.

1. In case of a tied result, the competitor receiving the higher score in *Pranav Dhvani* will be declared the winner of the tie.
2. In the case of a tied result involving two competitors having the same score in Pranav Dhvani, the result of the tie will be decided on the basis of the total of the points awarded by the five judges.
3. In the event of a tie still remaining on the application of the above principle, the result for first place will be determined by toss of coin or longer duration of one asana to be assigned by the judges. For all placements other than first, the tied competitors will be declared joint winners.

Note: A competitor may not participate in more than two events.

Awards.

The Championships will confer the following awards.

Participation Certificate to All participating Officials and Competitors

Placement Certificates to all competitors securing First to Sixth Placement in each event.

Gold, Silver and Bronze Medal to each First, Second and Third placement in each class.

General Team Championship Trophy

General Runner Up Trophy

Men's Team Championship Trophy

Men's Team Runner Up Trophy

Women's Team Championship Trophy

Women's Team Runner Up Trophy

Best of the Best (Male), (Mr. Yogi) Certificate of Honor and Medal

Best of the Best (Female), (Ms. Yogini) Certificate of Honor and Medal