

INTERNATIONAL DAY OF YOGA

21ST JUNE, 2015

COMMON YOGA PROTOCOL

(Duration: 33 minutes)

- I. **Prayer** in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana. 2 minutes

PRAYER :

Sangachhadhwam samvadadhwa

Samyomanaansi jaanataam I

Devaabhaagam yathapoorve

Samjanaanaa upaasate II

- II. **Sadilaja / Chaalan Kriyas / Loosening Practices** 3 minutes

(Neck, Shoulders & Knees movements)

- III. **Yogaasana (Yoga Postures)** 15 minutes

A. Standing Postures

(i) Tadaasana

(ii) Vrikshaasana

(iii) Pada-hastaasana / Uttanaasana

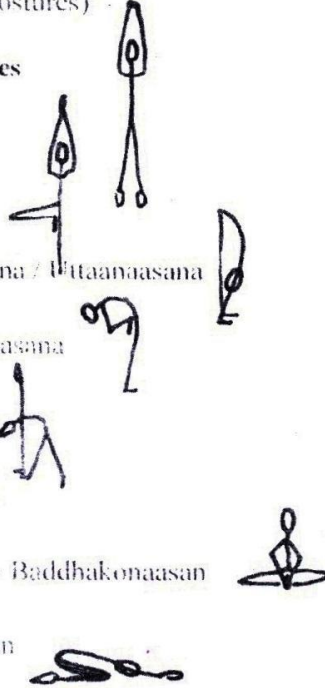
(iv) Ardha Chakraasana

(v) Trikonaasana

B. Sitting Postures

(vi) Bhadraasana - Baddhakonaasan

(vii) Shashankaasan



(viii) Ardha Ushtraasana



(ix) Marichyaasana / Vakrasana



C. Prone Lying Postures

(x) Bhujangaasana



(xi) Shalabhaasana



(xii) Makarasana



D. Supine Lying Postures

(xiii) Setuabandha Sarvangasana



(xiv) Pawanmuktasana



(xv) Shavasana



IV. **Kapaalabhaati** (10-20 strokes each - 3 cycles)

2 minute

Each cycle will be followed by Ujjayee Pranayama

V. **Pranayama:**

5 minutes

(i) Nadi Shodhana / Anuloma Viloma Pranayama (5 rounds)



(ii) Bheemari Pranayama (Bhramari Reehaka) (5 rounds)

VI. **Dhyana / Meditation in any Meditative Posture with Shambhavi Mudra (eyes closed) and hands in Jnana / Gyana Mudra**

6 minutes



A soothing music in the background is proposed during Meditation.

End the Yoga Practice session with a **Sankalpa**

1. I commit myself to be always in a balanced state of mind. It is in this state that my highest self-development is possible. I commit to do my duty to self, to family, at my work place, to society and to the world for the promotion of peace, health and harmony in the world.

Hame hamare man ko hamesha santulik rakhana hai.
Isi mai hi hamara altnavikas samaya hooa hai ||

Note: Classical textual references, technology to perform, benefits, salient points, Caution / precautions etc. will be provided for each practice.

**MINISTRY OF AYUSH,
GOVT. OF INDIA**