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:**
Sangachhaddwam samavadaliwam
Samvomanaansi jaanataam  I
Devaabhaagam yathaapoorve
Samjanaanaa upasaate  II

II. Sadilaja / Chaalan Kriyas / Loosening Practices 3 minutes
(Neck, Shoulders & Knees movements)

III. Yogaasana (Yoga Postures) 15 minutes

A. Standing Postures
(i) Taadaasana
(ii) Vrikshaasana
(iii) Pada-hastaasana / Pitaamaasana
(iv) Ardha Chakraasana
(v) Trikonaaasana

B. Sitting Postures
(vi) Bhadaasana / Bhaddhakonaasan
(vii) Shaashankaasan
(vii) Ardha Ustrasana
(x) Bhujangaasana
(xi) Shalabhaasana
(xii) Makaraasan

C. Prone Lying Postures

D. Supine Lying Postures

(xiii) Setushandha Sarvaangaasana
(xiv) Pavana Muktaasana
(xv) Shivaaasana

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 / AnulomaViloma Pranayama ( 5 rounds )

(ii) Bhramari Pranayama (Bhramari Rechaka) ( 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, to 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 almavikas santaya hooa hai II

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