

INTERNATIONAL DAY OF YOGA

21st June 2020



Yoga for Harmony & Peace

**World Record Event in Yoga will be Conducted
on 21st Jun, 2020.**



**Yoga adds years to your life,
and life to your years.**



INTERNATIONAL DAY OF YOGA

WORLD RECORD EVENT BY

SRI CHAITANYA SCHOOL

On the Occasion of the International Day of Yoga, Sri Chaitanya School is conducting a World Record Event with the highest number of participants at the same time, online on our Youtube Channel.

The WONDER BOOK OF WORLD RECORDS is our Partner in this Mega Event. Along with the Ayush Department of the Indian Government, the Wonder Book of World Record will present a Certificate to all the participants of this event.

Who Can Participate: This event is open to all. Sri Chaitanya School Students, their Family Members, our Staff and their Family Members can participate and they can bring in their friends, relatives and acquaintances also into this Mega Event.

Date: 21st June, 2020

Time: 7.00 am to 7.40 am

Link: <https://www.youtube.com/c/SriChaitanyaSchools>

All the Students of Sri Chaitanya School, their Parents and the Staff will login to the Youtube Channel. All the family members of the students and the staff also can participate.

One Week Prior to the event, Practice Sessions will be conducted on our Youtube Channel for all the participants. The time of the practice sessions and the Youtube Links will be sent to all the students and the staff shortly.

We invite all the Students, their Family Members, our Staff and their Family Members to participate in this Mega Event and make it a Grand Success. We request all to pass on the information to all of your acquaintances, friends and relatives also and ask them to participate.

GENERAL GUIDELINES FOR YOGA PRACTICE

A Yoga Practitioner should follow the guiding principles given below while performing Yogic practices:

BEFORE THE PRACTICE

- **Soucha means cleanliness – an important prerequisite for Yogic practice. It includes cleanliness of surroundings, body and mind.**
- **Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.**
- **Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.**
- **Bladder and bowels should be empty before starting Yogic practices.**
- **A mattress, Yoga Mat, Durrie or Folded Blanket should be used for the practice.**
- **Light and Comfortable Cotton Clothes are preferred to facilitate easy movement of the body.**
- **Yoga should not be performed in a state of exhaustion, illness, after a recent surgery, in a hurry or in acute conditions of stress.**
- **In case of chronic disease/pain/cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.**
- **Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.**

DURING THE PRACTICE

- Practice Sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice. Breathe normally while doing Yoga.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold body tightly, or jerk the body at any point of time.
- Perform the practice according to your own capacity.
- It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/deep silence/Shanthy Paatha.

AFTER PRACTICE

- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.

INTERNATIONAL DAY OF YOGA

21ST JUNE 2020

COMMON YOGA PROTOCOL

PRAYER

Prayer in any Meditative Posture with
Namaskara Mudra

Samgacchadhvam Samvadadhvam
Sam vo manamsi janatam I
Devaa bhaagam yathaa purve
Sanjanana upasate II



LOOSENING PRACTICES



UP AND DOWN



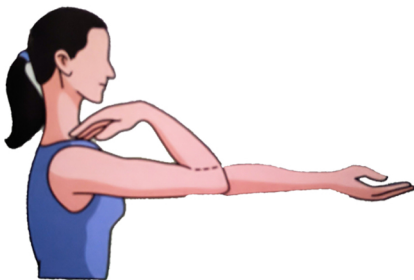
SIDE BENDING



TWISTING



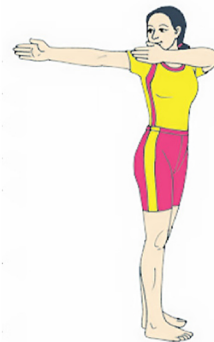
NECK ROTATION



ELBOW
BENDING



SHOULDER
ROTATION



KATISAKTI
VIKASAK



KNEE
MOVEMENT

STANDING POSTURES



TADASANA



VRIKSHASANA



PADMA HASTASANA



**ARDHA
CHAKRASANA**



TRIKONASANA

SITTING POSTURES



BADDHA KONASANA



VAJRASANA



ARDHA USTRASANA



SASANKASANA



VAKRASANA

PRONE POSTURES



BHUJANGASANA



SHALABHASANA



MAKARASANA



SETU BANDHASANA



PAVANAMUKTHASANA



SAVASANA

KAPALABHATHI



PRANAYAMA



Dhyana / Meditation in any Meditative Posture with Shambhavi Mudra
A smooth music in the background is proposed during Meditation.
Find the yoga practice session with a Sankalpa.

SANKALPA

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.

SHANTHI

*Sarve Bhavantu Sukhinah,
Sarve Santu Niramayah
Sarve Bhadrani pasyant,
Maa Kaschit Duhkha Bhagbhavet
Shantih Shantih Shantih*