

INTERNATIONAL DAY OF YOGA
21ST JUNE, 2016
COMMON YOGA PROTOCOL (CYP) - 2016
Duration: Forty Five Minutes (45mts.)

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

PRAYER :

OM... OM... OM...

*Sanghachhadhwamsamvadadhvam
Samvomanaamsijaanataam*

*Devaabhaagamyathaapoorve
Samjaanaanaaupaasate*

OM Shantih Shantih Shantih

- II. Sadilaja / ChaalanKriyas/ Loosening Practices 6 minutes**
(Neck, Shoulders ,Trunk& Knees movements)

- III. Yogaasana(Yoga Postures) 18 minutes**

A. Standing Postures

- (i) Taadaasana
- (ii) Vrikshaasana
- (iii) Pada-hastaasana / Uttaanaasana
- (iv) ArdhaChakraasana
- (v) Trikonaasana

B. Sitting Postures

- (vi) Bhadraasana/ Baddhakonaasan
- (vii) Vajrasana/Veerasana
- (viii) Ushtraasana (Ardha for bigginners)
- (ix) Shashankaasan
- (x) UtthanaMandukasana
- (xi) Marichyaasana / Vakrasana

C. Prone Lying Postures

- (xii) Makaraasana
- (xiii) Bhujangaasana
- (xiv) Shalabhaasana

D. Supine Lying Postures

- (xv) Setubandhasana
- (xvi) Utthanapaadaasana
- (xvii) ArdhaHalasana
- (xviii) PawanaMuktaasana
- (xix) Shavaasana

- IV. **Kapaalabhaati**(3 cycles of 40 strokes each) **3 minute**
Each cycle will be followed deep breathing
- V. **Pranayama:** **6 minutes**
- (i) NadiShodhana / AnulomaViloma Pranayama (5 rounds)
 - (ii) Sheetali Pranayama (5 rounds)
 - (iii) Bhraamari Pranayama (BhramariRechaka) (5 rounds)
- VI. **Dhyana/Meditation in any Meditative Posture (eyes closed) and hands in Jnana / Gyana Mudra** **8 minutes**
- VII. **End the Yoga Practice Session with a Sankalpa** **2 minutes**

Followed by Shaanti Paatha

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

Hameapne man kohameshasantulitrakhanahai,

Isi main hi hamaraaatmavikassamaayahai.

Main apnekartavyakhudkeprati, kutumbkiprati, kaam, samajaurvishwakeprati, shanti,

anandaurswashyakepracharkeliyebaddhhun

Shanti Patha

OM

SarveBhavantuSukhinah

SarveSantuNiramayah

SarveBhadraniPashyantu

MaaKaschitDukhaBhagbhavet

OM ShantihShantihShantih

Note:

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

2. INSTITUTIONAL YOGA PRACTICES (IYP)

(15 Minutes)

(preferably Pranayama , Dhyana , Yoga Nidra and Satsang etc.)

shall be introduced after the practice of Pranayama or Dhyana/Meditation Session but before the Sankalpa

**(Dr. I.V. BASAVARADDI)
Member Secretary,
IDY-2016, Yoga Experts Committee
MINISTRY OF AYUSH,
GOVT. OF INDIA**