



ALL ODISHA OPEN YOGASANA CHAMPIONSHIP 2025



BLISSFUL YOGA

Athletes Groups, Events and Structure:

- Traditional Yogasana Individual
- Artistic Yogasana Single
- Traditional Yogasana Group
- Traditional Yogasana Individual (Para/Dibyang Athletes)

Age Group:

- 10 to 17 (Boys & Girls)
- 18 to 40 (Men & Women)
- 10 to 40 (Para/Dibyang Athletes)

Cut off Age:

1st January of the Current Year

Traditional Yogasana Individual:

Age group 10 to 17 & 18 to 40

The participants have to perform total Seven Asanas, this includes 4 compulsory and 3 optional asanas.

- Four compulsory asanas will be drawn randomly from the list of ten designated compulsory.
- After completing the compulsory asanas three optional asanas will be performed by the athlete from different categories of asana of their own choice.
- Holding time will be 30 seconds and 15 second respectively.
- Make sure the designated compulsory 10 asanas will not be performed or repeated in optional category.

If performed, then that asana will be invalid and lead to zero marks.

- An Athlete will be disqualified for not covering three different categories of asanas in the optional round.

Artistic Yogasana Single:

Age group 10 to 17 & 18 to 40

- The participants have to perform total 10 Asanas from different categories (FB, BB, ST, HB, LB).
- Participants will perform maximum two asanas from the said categories.
- Time duration for the presentation will be 150 to 180 seconds only (2.5 to 3 minutes).
- An Athlete will be disqualified for not covering minimum five different categories of asanas.
- Time begins when the music starts and Time ends with the final closing gesture or namaste mudra.
- Athlete has to hold each Asana/formation for minimum 5 second. If the holding time is less than 5 second, then that asana will be considered invalid and zero mark will be allotted to that particular Asana.
- If a routine exceeds 180 seconds by more than 10 seconds, the athlete will be disqualified. A penalty of 0.5 marks per second may apply for exceeding the time limit up to 10 seconds.
- Music should be melodious and devotional. Non-yogic music is not permitted.
- The costume must be tight-fitting so as to enable the judges to evaluate the correct positions.
- Costumes must be non-transparent and make-up should not hide the identity of the player.
- Crossing or touching the arena line during the performance results in a penalty of 5 marks each time.



Traditional Yogasana 10 to 17 (Boys & Girls):

Upavishtakonasana



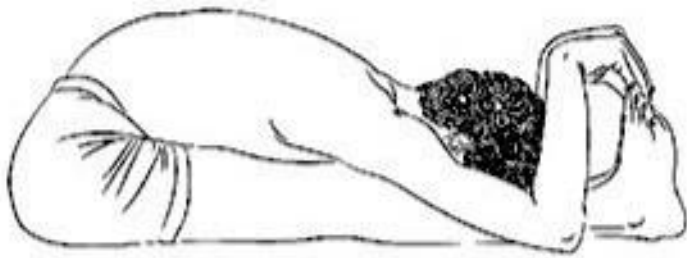
Ardha Matsyendrasana IV



Ushtrasana



Paschimottanasana



Dhanurasana



Saral Natrajasana



Kukkutasana



Veerbhadrasana III



Pinch-Mayurasana



Parivrutta Janushirasana



Compulsory Asana holding time 30 Seconds & optional Asana Holding time 15 Seconds



Traditional Yogasana 18 to 40 (Men & Women):

Vataynasana



Vrukshasana



Mayoorasana

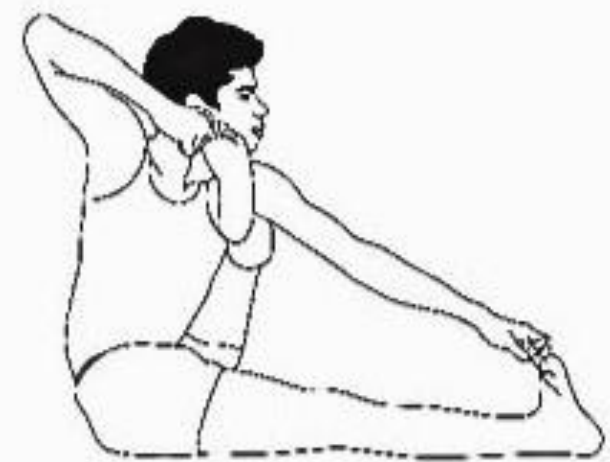
Marichayasana I



Bakasana



Akarna Dhanurasana



Chakrasana



Parivrutta Janushirasana



Baddha Padmasana



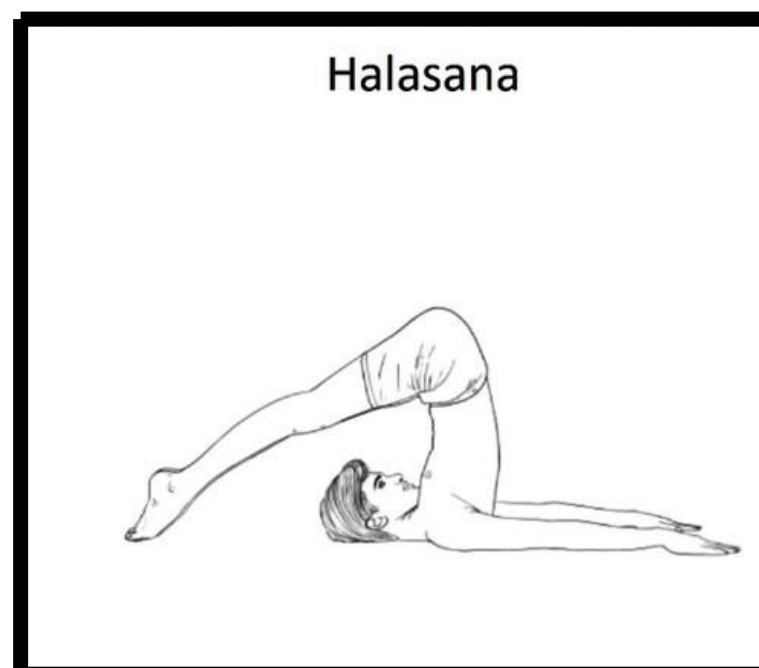
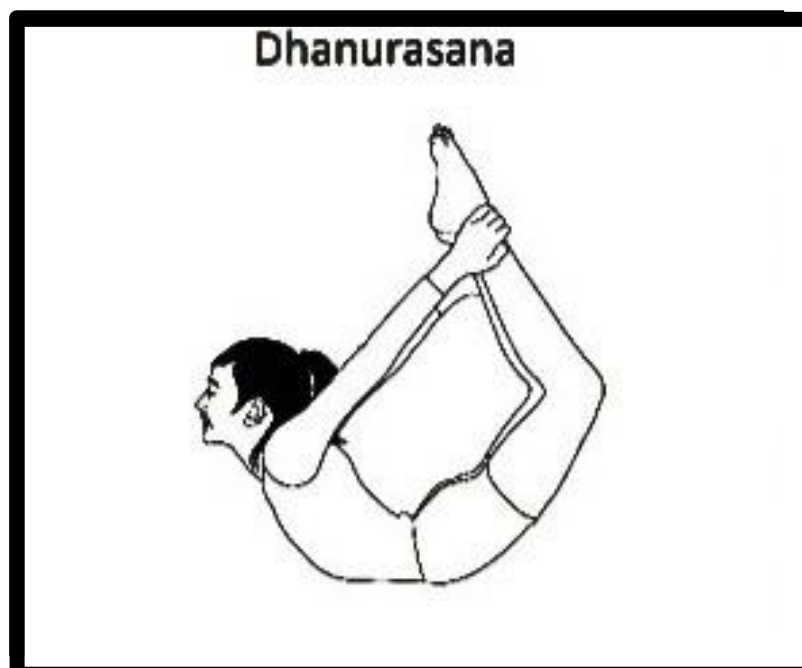
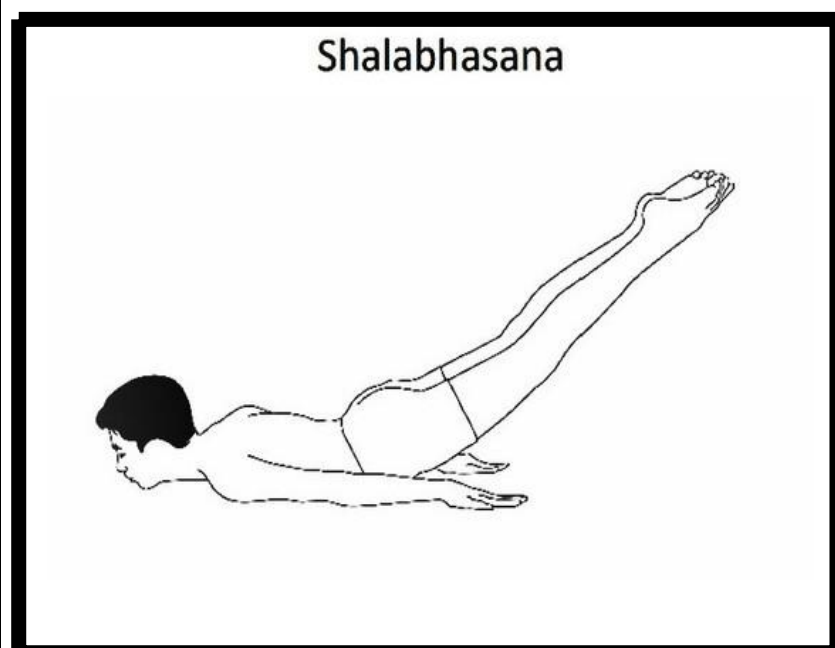
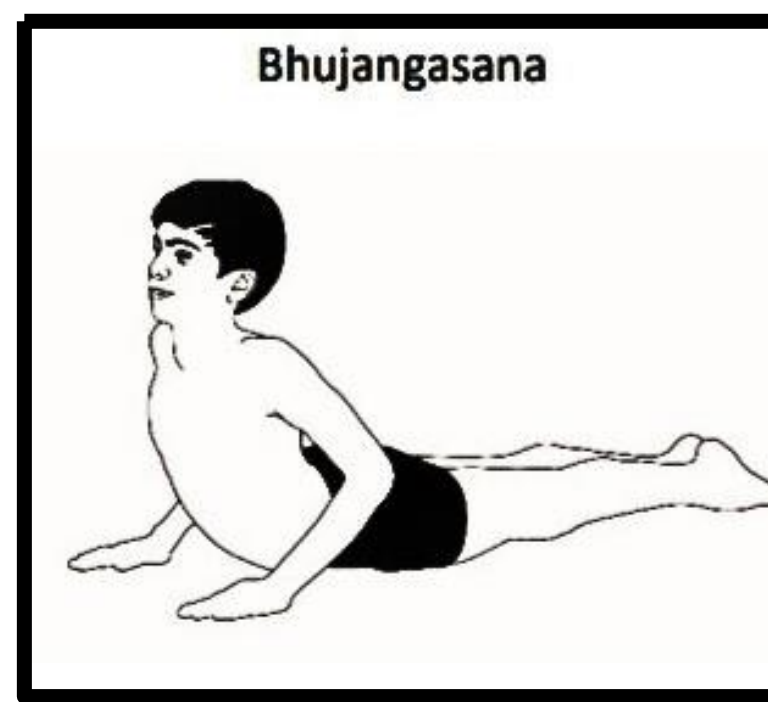
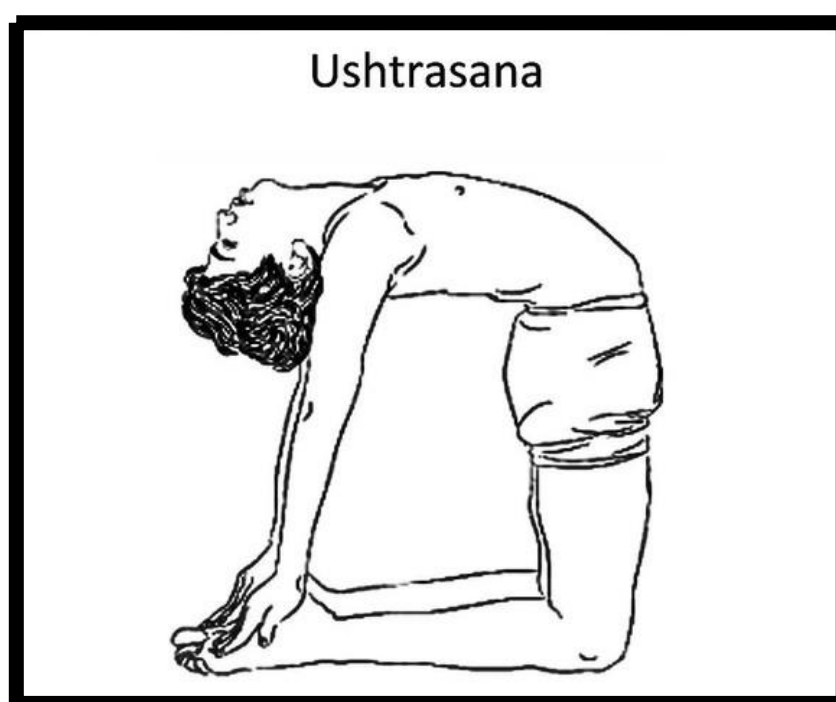
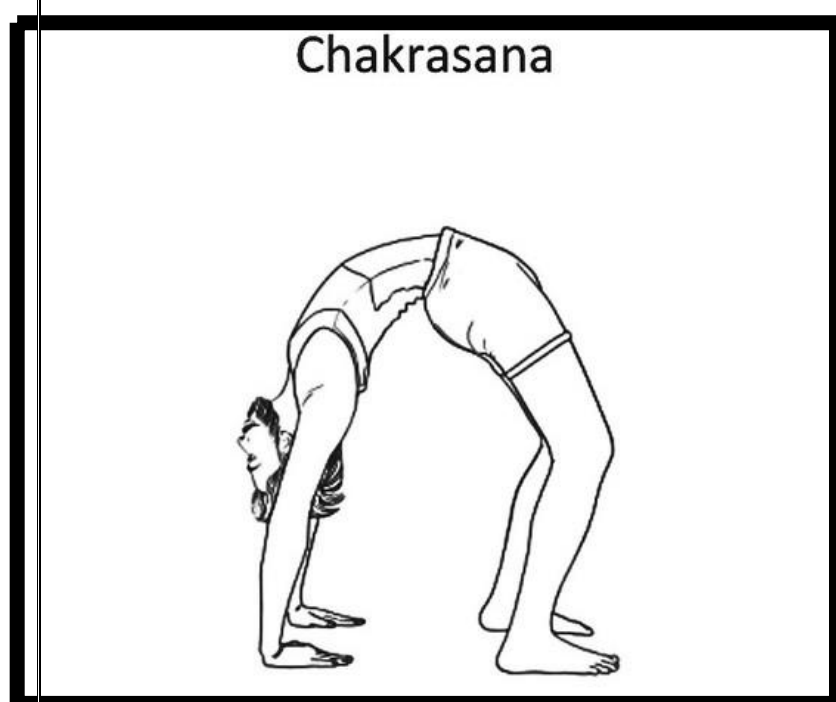
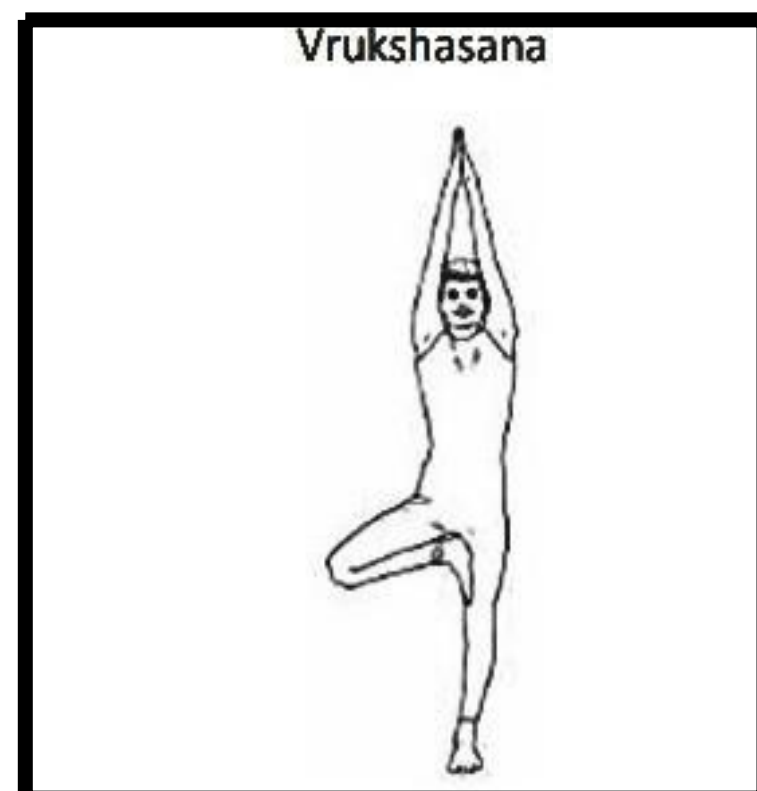
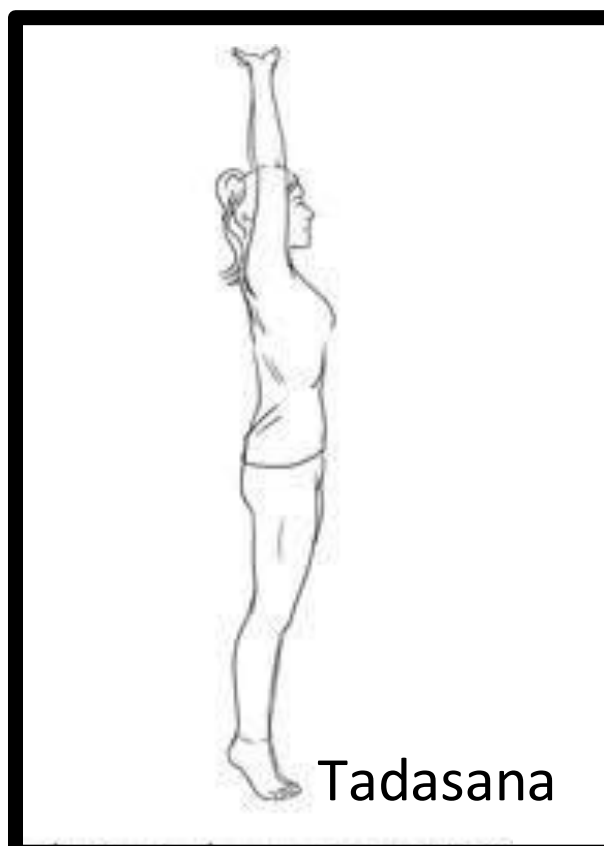
Parivritta Trikonasana



Compulsory Asana holding time 30 Seconds & optional Asana Holding time 15 Seconds



Traditional Yogasana 10 to 40 (Para/Divyang Category):



- ✓ 4 compulsory asanas from said 10 postures and 2 optional from athlete's own choice.
- ✓ Holding time 10 seconds each.
- ✓ Compulsory asanas done by the athlete will not be repeated during optional asana performance.
- ✓ Special category (PWD) Participants have to upload the valid disability Certificate during online registration.

