

Government of India
Ministry of AYUSH

21st JUNE

INTERNATIONAL DAY OF YOGA
COMMON YOGA PROTOCOL (CYP)

Duration: Forty Five Minutes (45mts.)

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

PRAYER :

ॐ.... ॐ.... ॐ

Sanghachhadhwam samvadadhvam
Sam vo manaamsi jaanataam

Devaa bhaagam yathaa poorve
Samjaanaanaa upaasate

ॐ *Shantih Shantih Shantih*

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

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

A. Standing Postures

- (i) Taadaasan
(ii) Vrikshaasan
(iii) Pada-hastaasana / Uttaanaasana
(iv) Ardha Chakraasana
(v) Trikonaasana

B. Sitting Postures

- (vi) Bhadraasana/Baddha konaasan
(vii) Vajrasana/Veerasana
(viii) Ushtraasana (Ardha for bigginners)
(ix) Shashankaasan
(x) Utthana Mandukasana
(xi) Marichyaasana/Vakraasana

C. Prone Lying Postures

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

D. Supine Lying Postures

- (xv) Setubandhasana
(xvi) Utthanapaadaasana
(xvii) Ardha Halasana
(xviii) Pavana Muktaasana
(xix) Shavaasana

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

*Hame apne man ko hamesha santulit rakhana hai,
Isi main hi hamara aatma vikas samaay ahai.
Main apne kartavya khud ke prati, kutumb ki prati,
kaam, samaj aur vishwa ke prati, shanti,
anand aur swasthya ke prachar keliye baddh hun*

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.

- VIII.** Followed by **Shaanti Paatha**

Shanti Patha

*ॐ Sarve Bhavantu Sukhinah
Sarve Santu Niramayah
Sarve Bhadrani Pashyant
Maa Kaschit Dukha Bhagbhavet
ॐ Shantih Shantih Shantih*

Note:

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

Yoga for Harmony & Peace

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