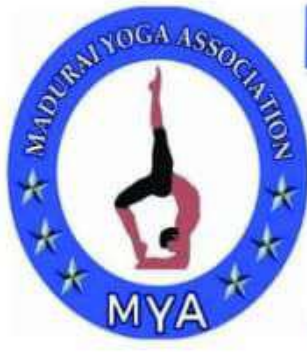




MADURAI YOGA ASSOCIATION

Affiliated to

- : Yog Sports Federation Tamilnadu,
Yog Sports Federation Trust India, International Yoga Federation,
International Yogasana Sports Federation,
International Federation of Sports Yoga, World Yog Sports Federation,
Artistic yoga association of india, International Artistic Yoga Federation
: NYSK Ministry of Youth Affairs & Sports Govt. of India

Recognized by



JC. ER. G. MUTHUKUMAR
PRESIDENT (MYA)

D.KATHIRAVAN M.A.,
SECRETARY (MYA)

D.KARNAN B.Sc.,
TREASURER (MYA)



2nd Madurai District Level Yoga Championship – 2020

Date: 25.01.2020 (Saturday)

Time: 9.00 am to 1.00 pm

Venue: Gandhi Memorial Museum,
Madurai.

Welcome to all participants/Coaches

Events:

- | | |
|--------------------------|---|
| 1) Common Category | - Perform 3 Asanas From the chart and 2 Asanas of your own choice |
| 2) Special Category | - Perform 1 Yoga from each 1) Arm Balance, 2) Leg Balance, 3) Forward (or) Back bend, 4) Twist, 5) Inversions, 6) Prone (or) Supine |
| 3) Championship Category | - Perform Any 2 Asanas from each category [A, B, C] in the given chart |

Entry Fee:

- | | |
|-----------------------|---------|
| Common Category | - 300/- |
| Special Category | - 350/- |
| Championship Category | - 350/- |

Entry fee can be paid through www.maduraiyogaassociation.org

Rules and Regulations

- All the Participants/Coaches should assemble at 9.00 am
- All the Participants must bring age proof certificate and **Yoga Mat**
- Last date of entry 23.01.2020
- Entries received after the Last Date may be accepted with a late fee of Rs.50/-
- No entries will be accepted after 9.30 am on 25.01.2020.
- Dress Code:
Boys - Shorts only
Girls - Yoga Tight, T-shirt & Track pant

Address : 12/1 Madurai Martial Arts Academy sathiyasai nagar Madurai-03

Email : yogamadurai03@gmail.com

Phone : +91 9600660245

www.maduraiyogaassociation.org