



**THE GRAND MASTER OF YOGA -2020**  
**(Curriculum for TGM Y Yoga Contest 2020)**

<b>THE POSTURES</b>				
<b>Basic Level (Day-1)</b>		<b>Advance Level (Day-2)</b>		<b>(Day-3)</b>
<ol style="list-style-type: none"> <li>1. Siddhasana</li> <li>2. Swastikasan</li> <li>3. Padmasana</li> <li>4. Bhadrasana,</li> <li>5. Muktasana</li> <li>6. Vajrasana</li> <li>7. Svastikasana,</li> <li>8. Simhasana</li> <li>9. Gomukhasana</li> <li>10. Virasana,</li> <li>11. Mritasana</li> <li>12. Guptasana</li> <li>13. Matsyasana</li> <li>14. Matsyendrasana</li> <li>15. Gorakshana</li> </ol>	<ol style="list-style-type: none"> <li>16. Vrikshasana</li> <li>17. Mandukasana</li> <li>18. Vrishasana</li> <li>19. Shalabhasana</li> <li>20. Makarasana</li> <li>21. Ushtrasana</li> <li>22. Bhujangasana</li> <li>23. Yogasana</li> <li>24. Utkatasana</li> <li>25. Savasana</li> </ol>	<ol style="list-style-type: none"> <li>1. Dhanurasana</li> <li>2. Paschimottanasana</li> <li>3. Sankatasana</li> <li>4. Mayurasana</li> <li>5. Kukkutasana</li> <li>6. Kurmasana</li> <li>7. Uttanakurmakasana</li> <li>8. Uttanamandukasan</li> <li>9. Garudasana</li> <li>10. Chakrasana</li> </ol>	<ol style="list-style-type: none"> <li>11. Shirshana</li> <li>12. Rajkapotsana</li> <li>13. Purn Matsyendrasana</li> <li>14. Tittibhasana</li> <li>15. Kaundinyasana</li> <li>16. Astavakrasana</li> <li>17. Eka Pada Chakrasana</li> <li>18. Purn Dhanurasana</li> <li>19. Yoganidrasana</li> <li>20. Vrischikasana</li> </ol>	<b>Free Hand</b>

<b>PATANJALI YOGSUTRA &amp; MANTRAS CHANTING</b>		
<b>Understanding of Patanjali Yog Sutras (Verses)</b>		<b>Mantras &amp; Prayers</b>
<ul style="list-style-type: none"> <li>- Introduction &amp; Definition of yoga</li> <li>- Classification of Citta Vrittis</li> <li>- Necessity of abhyasa and vairagya</li> <li>- Definition of Ishwara</li> <li>- 5 Stage of Citta</li> <li>- 5 Kleshas &amp; Obstacles of Citta</li> <li>- Ciita Prashadanam</li> <li>- Discipline for Sadhana</li> <li>- Karmashaya &amp; reincarnation</li> <li>- Properties of nature (Tri-Guna)</li> <li>- Concept of Prakriti &amp; purusha</li> <li>- Necessity of yoga practice</li> <li>- Eight limbs of yoga discipline</li> </ul>	<ul style="list-style-type: none"> <li>- Spiritual vision</li> <li>- Universal state of mind</li> <li>- Perfection of the body</li> <li>- Mastery of sense organs</li> <li>- Attainment of Siddhis</li> <li>- Knowledge of distinctions</li> <li>- Attainment of kaivalya</li> <li>- Influence of karma</li> <li>- Manifestation of vasanas</li> <li>- Memory and impressions</li> <li>- Theory of perception</li> <li>- Mind and object</li> <li>- Infinity of knowledge</li> </ul>	<ul style="list-style-type: none"> <li>- Aum Chanting</li> <li>- Aum Sahana Bhavtu</li> <li>- Sarve Bhavntu</li> <li>- Shanti Matntra</li> <li>- Yogen Cittasya</li> <li>- Gayatri Mantra</li> </ul>

**Note:** For Reference contestant of TGM Y refer the Patanjali Yog Darshan, Hath Pradipika, Gherand Samhita etc.