



THE LITTLE MASTER OF YOGA -2020
(Curriculum for TLMY Yoga Contest)

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

PATANJALI YOGSUTRA & MANTRAS

| Understanding of Yoga according to Text | Mantras & Prayers |
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| <ul style="list-style-type: none"> - Definition of Yoga in Patanjali - Definition of Yoga in Gita - Definition of Yoga in Vedas | <ul style="list-style-type: none"> - 5 general benefits of Yoga - 5 general benefits of Asana - 5 general benefits of Pranayama - Aum Chanting - Aum Sahana Bhavtu - Gayatri Mantra |

THE LITTLE MASTER OF YOGA

The Little Master of Yoga contest is a great way to celebrate true sense of Yoga among the children for their individual practices, learning, and understanding with the philosophy of Yoga. The Little Master of Yoga contest for children of 9 to 17 years age group. Each phase of contest is taking the Little Masters towards various aspects of yoga and motivating them through proper understanding and its amazing benefits of Yoga. While preparing himself for this contest, the contestants are also advised to go through some other available resources also such as Yoga Literature, YouTube clips, newspaper articles, magazines, Yoga sites, and ancient texts.

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