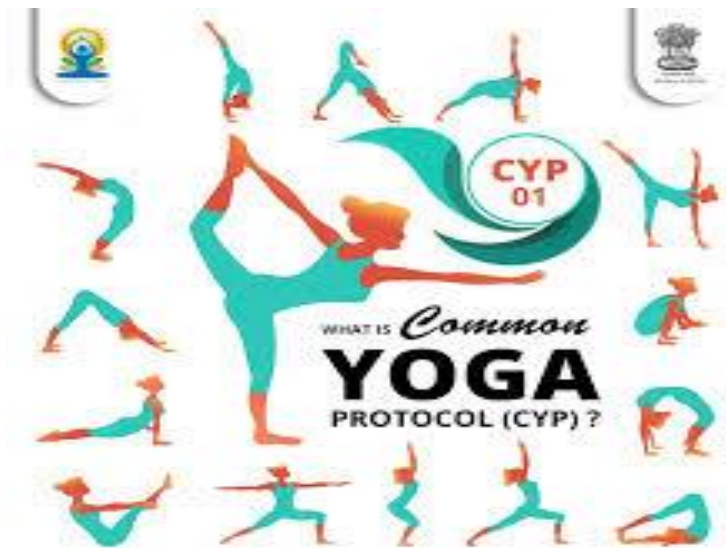


International Day of Yoga (IDY) 2020:



The International Day of Yoga is observed every year on 21st June. It is a celebration for one's mind, body and soul as the three reach a state of harmony through the practice of Yoga. IDY is an occasion to promote Yoga across the world and the spread the message of its countless rewards among the entire humanity. Followers of Yoga come together in group Yoga demonstrations and practice Yoga through a standardized set of Yoga drills called Common Yoga Protocol.

CYP is a guide to how and when an asana is to be performed, leading to the attainment health benefits to the maximum number of people, irrespective of age, gender, race and other distinctions.



What is Common Yoga Protocol:

The International Day of Yoga requires harmonious mass demonstrations in which millions of people participate. In order to make the event a success, a common protocol was needed that will ensure that everything is in sync. Common Yoga Protocol was developed jointly by some of the most accomplished Yoga gurus of India to ensure the harmonious conduct of the whole event. CYP makes sure that a single protocol yields maximum benefit to maximum number of people, through careful selection of the asanas included in it. Common Yoga Protocol is, essentially, a specified sequence of Yogaasanas which lasts 45 minutes.

General Guidelines for taking up CYP:

Before starting the practice it is advised to ensure that the surroundings are clean. This should also extend to the cleanliness of body and mind. Yoga needs to be practiced in a calm and quiet environment and with an empty stomach. Their body and mind both need to be in a relaxed position. Wearing light and comfortable cotton clothes is advised, and the use of a Yoga mat is needed. Yoga shouldn't be practiced in states of acute pain or illness. If a person feels weak in the course of the Yoga practice, lukewarm water with honey can be consumed or consulting a doctor or a Yoga expert .

The practice session will begin with a prayer followed by various Yogaasanas. Each Yoga asana will be beneficial and will have its own requirements to be performed perfectly. The body needs to be in a relaxed state and jerky movements during the asanas are to be avoided. Following the CYP will lead to harmony among mind, body and soul.

After the session, bath can be taken after a gap of 20-30 minutes. Food can also be consumed after the same time gap

Link of English version of Common Yoga Protocol: https://youtu.be/Av5ib_XRKT4

