

Fitness Fiesta 2021-2022
Yoga Competition

LVISNE/2021/PC/207
01/10/2021

“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”

Dear Parent,

One is truly healthy when one is not just physically fit but also mentally and emotionally balanced. Health is not just the absence of disease but a dynamic expression of life in terms of how joyful, loving, and enthusiastic we are. Yoga leads to an overall improvement in immunity, productivity, and self-awareness and it is one of the best remedies for holistic well-being.

Yoga has always been an integral part of Lotus Valley International School, Noida Extension. We believe and have also noticed how yoga has helped our learners increase their focus and positive emotions.

LVIS, NE is conducting an Intra-House Yoga Competition amongst the learners of grades III to V. Interested learners are required to send in their consent forms by Monday, 4th October 2021, through the following Google Form Link - <https://forms.gle/zZZzYQndDVYQ3ztS8>

Details of the event are outlined below for your reference.

List of Asanas

S.No	Grade - III (Time limit: 15 seconds)	Grade - IV (Time limit: 15 seconds)	Grade – V Time limit: 15 seconds
1	Vrikshasana	Surya Namaskar	Surya Namaskar
2	Setubandhasana	Chakrasana	Dhanurasana
3	Ustrasana	Ardha-Matseyendrasana	Khanjanasana
4	Shashankasana	Halasana	Sarvangasana
5	01 Optional (best asana)	Purvottanasana	Janu-Sirsasana

Kindly note:

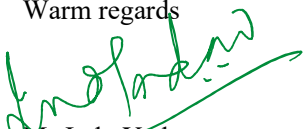
- Learners need to shoot an unedited video of the above-mentioned asanas for their grade .
- They can add any meditative or soothing music in the video as a background music and submit it to **myyoga77t@gmail.com** latest by **Monday, 11th October 2021**
- The dress code for the event is a **white t-shirt & black fitted yoga legging**.
- Hair should be properly tied up for girls and neatly combed hair for boys.

The parameters for assessing the participants would be :

- Correct posture
- Flexibility
- Balance
- Concentration
- Overall presentation

For any further query/queries, kindly contact Ms. Jyoti (Yoga Teacher) .

Warm regards



Ms Indu Yadav
Principal