

Yoga plays an important role in reinventing yourself with a healthy body and soul. What is your practice to enhance immunity in this covid-19 situation?

Embassy of India invites yoga professionals and practitioners to participate in yoga photography competition.

Upload 2 yoga Asanas/postures photo of yours.

Guidelines for participation:

1. You can participate in this contest by sending 2 pictures of your yoga postures with name of the Asana to info.embindia@online.com.kh with following information

Name

Age

Telephone Contact

Email ID

2. About competition:

* Please choose the place of your choice, ensure it is not surrounded with people.

* Should be a neat & tidy place.

* Please try to shoot in High Resolution as the Photo clarity will be taken into consideration.

* Ensure the Camera is stable & not moving

* Clothing should be comfortable, you can use your workout outfits

*Photo must be focused on yoga Asana only, no gymnastic poses and give name of the Asana

3. Enrolment for the participation will be starting on 14th June 2020.

4. Result will be declared after International Day of Yoga i.e 21st June 2020.....

5. Participants will get certificate from Embassy of India.