

ORGANISE BY:



1ST INTERNATIONAL YOGASANA CHAMPIONSHIP MACAO

Event Date:

Venue

14-15 Jan 2026
GALAXY MACAU™

The Grand Prize:

Champion of champions

The total value of the prizes exceeds

\$6,000 USD

(INR: 530,000, HKD:48,000)

Champion of champions is

\$2,500 USD

(INR: 220,000, HKD:20,000)

International Yogasana Championship Macao 2026

One stage. One dream. One championship.

Organized by: Macao Yoga Professional Association

14 -15 January 2026 Macau

Event Overview

The International Yoga Championship - Macao 2026 dedicated to promoting excellence, integrity, and the global spirit of yoga. Our mission is to uphold the highest standards of practice, sportsmanship, and ethical conduct, ensuring a fair and inspiring environment for all participants.

1. General Rules and Regulations

1.1. Eligibility and Registration

- Age Groups: Participants must register under the appropriate age category.
- Documentation: A valid ID and signed consent/waiver form are mandatory for all participants.
- Medical Certificate: Submission of a recent medical fitness certificate is required.

1.2. Code of Conduct

- Respect: Participants must treat judges, organizers, fellow athletes, and spectators with utmost respect at all times.
- Discipline: Punctuality, honesty, and adherence to instructions are strictly expected.
- Language: Abusive or inappropriate language will result in immediate disqualification.
- 1.3. Dress Code
 - Attire: Participants must wear modest, clean, and event-approved yoga attire. Revealing, loose, or distracting clothing is not allowed.
 - Jewelry & Accessories: Minimal accessories; no sharp or hazardous items.
- 1.4. Performance Guidelines
 - Sequence: Each round will have a predefined asana sequence. Deviation or improvisation without prior approval is not allowed.
 - Timing: Exceeding time limits will result in point deductions.
 - Props: Only event-approved props and mats may be used.

2. Health, Safety, and Medical Policy

- Declaration: Any pre-existing medical conditions must be disclosed at registration.
- On-Site Medical Team: Qualified medical professionals will be available throughout the event.
- Insurance: All participants are responsible for their own health and accident insurance.

3. Prohibited Substances, Drugs, and Smoking Policy

- Zero Tolerance: The use, possession, distribution, or influence of drugs, alcohol, tobacco, or any banned substances is **STRICTLY PROHIBITED** within the championship venue and all affiliated spaces (including hotels and practice areas).
- Anti-Doping Policy: All participants are subject to random anti-doping tests as per international sporting standards. Refusal or failure will lead to immediate disqualification and possible suspension from future events.
- Smoking: Smoking (including e-cigarettes and vaping) is not permitted anywhere on event premises.
- Consequences: Violators will be removed from the competition, stripped of awards/titles, and reported to relevant authorities.

4. Judging & Fair Play

- Panel of Judges: An international jury of certified yoga experts will preside over all events.
- Criteria: Scoring is based on technique, alignment, stability, composure, timing, and overall presentation.
- Impartiality: All judging decisions are final.
- Any form of bribery, coercion, or attempt to influence judges is strictly forbidden and will lead to disqualification.
- Protests: Any protests must be submitted in writing within 30 minutes of the event result announcement.

5. Venue Rules & Conduct

- Access: Only registered participants and accredited personnel are allowed in performance areas.
- Cleanliness: Participants are responsible for maintaining cleanliness in warm-up and competition zones.
- Behavior: Any unruly behavior, including unsportsmanlike conduct or harassment, will not be tolerated.

6. Equipment and Personal Belongings

- Approved Mats and Props Only.
- Organizers are not responsible for any loss or theft of personal belongings.

7. Audience Guidelines

- Respectful Observation: Applause and encouragement are welcome, but silence is requested during performances.
- Recording: Photography and video recording are allowed only in designated areas and must not disrupt the event.

8. Registration and Deadlines

- Registration Method: Online via the official event website.
- Deadline: All entries must be submitted by 31st December 2025.
- Entry Fee: As specified on the website (non-refundable).

9. Accommodation & Travel

- Official Hotel: Special rates at Galaxy Macau Oasis. Contact organizers for details.
- Visa Support: Invitation letters for international participants available upon request.

10. Disclaimers

- The organizing committee reserves the right to amend rules and policies at any time.
- All decisions made by the event organizers and judges are final and binding.

**ONE STAGE.
ONE DREAM.
ONE CHAMPIONSHIP.**



Dhiraj Kumar Roy



Radhe Kumar



Barre Keshav Rao



Keith Chau



The Thought of Organizers

It is with immense pride and deep purpose that we welcome you to the 1st International Yogasana Championship here in the vibrant city of Macao.

This championship is more than a competition—it's a global celebration of discipline, inner strength, and cultural unity through the timeless practice of yoga. As an organizer, my vision has always been to create a world-class platform that honors not just performance, but the spirit, ethics, and soul of yogic living.

Our goal is to raise the standards of yogasana as a recognized sport while maintaining the essence of tradition and mindfulness. From every asana performed to every breath taken on this championship stage, we aim to inspire excellence, encourage inclusivity, and elevate global wellness awareness.

I'm grateful to our advisory board, sponsors, athletes, and volunteers—your belief in this vision has made this historic moment possible. Together, we are setting a foundation for the next generation of yogasana athletes and a stronger international yoga movement.

Let this be a stage where dreams unfold, friendships blossom, and every participant feels the power of unity through yoga.

One stage. One dream. One championship.



Phone

+853 6311 1062



Website

yogaprofessionalmacau.com



Email

internationalyogasana@gmail.com

CHAMPIONSHIP VENUE

International Yogasana Championship-Macao 2026

Dates: January 14–15, 2026 (9:30 AM– 8:00 PM daily).

Venue: Galaxy Macau Oasis (Galaxy Macau™ Integrated Resort, Cotai, Macau).

Theme: "One stage. One dream. One championship."



Border Gate	
To Galaxy Macau	09:00 – 23:30
From Galaxy Macau	09:00 – 23:30
Average 5-10 minutes	
Border Gate → Diamond Lobby# → Border Gate	
Taipa Ferry Terminal	
To Galaxy Macau	09:00 – 23:00
From Galaxy Macau	09:15 – 23:15
Average 10-20 minutes	
Taipa Ferry Terminal* → Crystal Lobby# → Taipa Ferry Terminal*	
Macau International Airport	
To Galaxy Macau	10:00 – 21:00
From Galaxy Macau	10:15 – 20:45
Average 35 minutes	
Macau International Airport → Crystal Lobby# → Macau International Airport	



PROGRAM AND CONTACT PERSONS

<u>Program</u>	<u>Contact Persons</u>
Yoga Championships - Round 1, Round 2 & Champion of Champions Round - Registration & payment	Mr. Dhiraj Kumar Roy, Radhe Kumar, Barre Keshav Rao. Mr. Dhiraj Kumar Roy, Mr. Keith Chau
Media/Press	Mr. Dhiraj Kumar Roy
Cultural Event & Valedictory Function	Mr. Dhiraj Kumar Roy, Mr. Keith Chau
Official Website	yogaprofessionalmacau.com
Official Email	internationalyoganasa@gmail.com

RULES & REGULATION OF THE CHAMPIONSHIPS

1. ELIGIBILITY

The competition is open to all individuals as well as members of clubs, schools, colleges, educational institutions, and any district Yoga Association.

2. EVENT CATEGORIES

There are total 4 events.: Traditional 、 Artistic Individual 、 Artistic Pair 、 Rhythmic Pair.

3. GROUP

The competition is open to both males and females according to the below age groups. There will be a total of 12 groups, 6 groups for female and 6 for male as per below:

Group A: 8 years to 11 years

Group B: 12 years to 15 years

Group C: 16 years to 26 years

Group D: 27 years to 37 years

Group E: 38 years to 48 years

Group F: 49 years above (All competitors will get winning trophy and certificate.)

(Your age as at 14th January 2026 will determine the age group you are in.)

4. EVIDENCE OF AGE

Competitor (male & female) applying for entry shall produce a birth certificate or identification card for proof of age. For candidates below age 18, the form must be signed by the guardian or parent.

5. PRIZE

All participants will be awarded with certificates of participation, prizes and yoga kits. All participants qualifying for the 2nd round will be awarded with qualifying certificates for the 2nd round.

The 1st, 2nd and 3rd place from each category in the Yogasana Competition (including Artistic and Rhythmic) will be awarded with Medal , Certificate and a Cash Prize (USD).

4th, 5th and 6th place will be awarded with Merit Certificates and Medals. The 1st place from each group will compete for the Champion of Champions title , 1st Runner up and 2nd Runner Up title.

The Champion of Champions will be awarded with Trophy, Certificate and a Cash Prize (USD)

The 1st Runner Up will be awarded with Trophy and Certificate.

The 2nd Runner Up will be awarded with Trophy, Certificate.



6. ENTRY FEE

Individual Competition, Artistic Singles, Artistic Pair and Rhythmic Pair, then the fee will be USD 350 or HKD 2800 per person.

7. ARRIVAL

Competitors are to report one day before the competition. Competitors are liable to be disqualified from competition for late reporting.

8. Time

Completion will be start after morning Inauguration, all competitors must report one hour before Inauguration.

9. LANGUAGES

Mandarin, Cantonese and English

10. JUDGING

1. Judges will be appointed by the Committee and their decisions will be final.
2. Two (2) marks will be deducted from full score if the competitor fails to complete the asana on the first attempt. Four (4) marks will be deducted from full score if the competitor fails to complete the asana on the second attempt. No mark will be awarded if the competitor fails to complete the asana on the third attempt.
3. The Judges will consider:
 - a). Proportion of the body
 - b). Performance regarding grace in execution & steadiness of posture
 - c). Dress, smartness & appearance
 - d). Theoretical knowledge in the Champion of Champions round only

11. PAYMENT METHOD

For those residing outside, can pay via telegraphic transfer to the bank account (either to the savings or current account number). Please send a copy of the transaction confirmation and completed entry form to our email on internationalyoganasa@gmail.com We accept both HKD and USD currency.

Competitors residing in Hong Kong or Macau, can arrange to pay cash directly to any of the Organizers together with the completed entry form.

NB:1. The Organiser will not be liable for any injury of competitors during competitions



FIRST ROUND

Competitors have to perform one (1) asana from each category (Backbend, Balance and Forward Bend) and two (2) asana OF THEIR OWN CHOICE. (Total 5 asanas),

Holding time - 15 Seconds.

Competitors have to perform all 5 Asanas in **2 Minutes**.

CATEGORY A: BACKBEND



Chakrasana/ Urdhva Dhanurasana



Shalavasana



Ushtrasana

CATEGORY B: BALANCE



Virbhadrasana



Garudasana

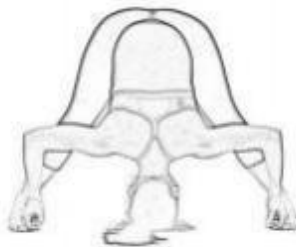


Sirsasana

CATEGORY C: FORWARD BEND



Paschimotthanasana



Prasarita Padottanasana



Halasana

SECOND ROUND

Competitors have to perform one asana OF THEIR OWN CHOICE from each of the 5 category below:

- A. Backbend
- B. Twisting
- C. Forward bend
- D. Arm Balance
- E. Leg Balance

The 1st, 2nd and 3rd place from each group will be selected from the second round. The 1st placeholder will compete for the Champion of Champions Title.

CHAMPION OF CHAMPIONS

Part 1: Competitors have to perform 6 asanas OF THEIR OWN CHOICE in the below sequence:

- 1 Backbend
- 1 Twisting
- 1 Forward Bend
- 1 Leg Balance
- 1 Arm Balance
- 1 Inversion

Part 2: A Viva Voce test will be conducted on theoretical knowledge of yogasana and general knowledge related with Yoga in the Champion of Champions Title Award.

DETAILS OF ARTISTIC YOGA & RHYTHMIC YOGA COMPETITION

(1) Artistic Yoga Competition (Singles)

Artistic Yoga will involve the competitor performing a series of asanas, choreographed with music. The competitor(s) should use a diversity of asanas including forward bend, backward bend, balancing, arm-balancing, lying and sitting

postures, etc. It will be judged on the grace of the body movement along with the synchronization with music without break. The Competitor(s) should try to utilize all 4 corners of the stage during the performance. Competitor should

perform at least 8-10 asanas within the time limit of 3 minutes.

The Artistic Yoga Competition will be held in the following age groups. Males and females will compete in the same group.

- (i) Below 27 (Junior)
- (ii) Above 27 Years (Senior)

(2) Artistic Yoga Competition (Pairs)

Artistic Pair Yoga will involve either 2 females or 2 males or 1 male & 1 female from the same age category performing a series of asanas, choreographed with music. The asanas need not be in perfect

synchronization with each other and there can be body contact between the two competitors. They will be judged on the grace & execution of the body movement along with music without break. The competitors should use a diversity of asanas including forward bend, backward bend, balancing, arm- balancing, lying and sitting postures, etc. The Competitors should try to utilize all 4 corners of the

stage during the performance. Competitors should perform at least 8-10 asanas within the time limit of 3 minutes.

The Artistic Pair Yoga Competition will be held in the following age groups. Males and females will compete in the same group.

- (i) Below 27 (Junior)
- (ii) Above 27 Years (Senior)

(3) Rhythmic Yoga Competition (Pairs)

Rhythmic yoga consists of either 2 females or 2 males in the same age group performing with perfectly synchronized body movements with music. Rhythmic Yoga will involve the pair performing a series of asanas, including forward bend, backward bend, balancing, arm-balancing, lying and sitting postures, with no variations between the two. There should not be any body contact between the two competitors and they should try to utilize all 4 corners of the stage during the performance. The performance should involve at least 8-10 asanas within the time limit of 3 minutes.

The Rhythmic Yoga Competition will be held in the following age groups. Males and females will compete in the same group.

- (i) Below 27 (Junior)
- (ii) Above 27 Years (Senior)

Guidelines For Marking System

No.	Particulars	Marks	Marks
1	Perfection of Posture		
	Accuracy of Posture 1. Stretch, Bend, Curve, Twist 2. Palm, Toes, Fingers perfection 3. Alignment, symmetry, Tiltiness 4. Face Direction	4 Marks	6 Marks
	Mounting - Dismounting 1. Mounting of Asana 2. Dismounting of Asana (Smooth movements, no jerks, no extra stretching and no supported movement)	2 Marks	
2	Stability (Absence of trembling) 1. Hand /Leg muscles stability 2. Abdominal muscles stability 3. Face stability 4. Normal Breathing	1 Mark	2 Marks
	Stresslessness, Grace & Presentation 1. Expression(Smile Face, Eye Position, Closed Mouth) 2. Decent Makeup/Costume 3. Walking/Standing/Greeting 4. Confidence	1 Mark	
3	Timing Holding 1. 100% holding time is compulsory for contestant. 2. For holding time 75% and more, the marks will be deducted 25% 3. For holding time less than 75%, 1 mark will be deducted, and contestant has to perform again.i.e 2 nd attempt. 4. In case of 2 nd attempt, for holding time of 75% marks will be out of 50% 5. In 2 nd attempt, if the contestant hold less than 75% ,then penalty will be levied. The mark will be freeze and zero will be displayed for that particular asana.		2 Marks
	Total		10 Marks

Note:

1. Athletes will be given 3 process attempts to attain/ to perform asana posture. If asana posture not attained in 2 attempts, then complete asana will be zero marks.

2. If the asana posture attained in 1st attempt and asana is maintained as per given time frame,

then marks will be allotted as per the above marking scheme. Wherein, if the asana posture is attained in 2nd attempt and maintained as per given time frame, then the marks will be allotted by deducting 1 marks with each attempt.

3. Where support is taken for balancing postures of any category of asana, at that time only 4 marks of Accuracy of Posture will be zero. Wherein, athlete will get some marks not more than 5 marks as per his actual performance.

TRAVEL ARRANGEMENTS & SIGHT SEEING IN MACAU

Macau is not just casinos. Promote its fusion of East + West, UNESCO heritage, luxury wellness, and cultural depth.

- Cultural richness: Portuguese-Chinese fusion, historic ruins, temples, art, colonial charm
- Luxury + modernity: Galaxy Macau, Venetian, world-class resorts
- Wellness & spirituality: Yoga retreats, spa hotels, natural escapes (Coloane, Hac Sa beach)
- Event destination: MICE events, championships, conventions
- Gastronomy: Macanese cuisine, Michelin-starred restaurants, egg tarts

AIRFARES: Competitors need to arrange their own flight booking with departure from their origin and destination must be to Macao China (Or Competitors can be via Hong Kong by bus to Macau).

ACCOMMODATION: Free accommodation during the event.





1st International Yogasana Championship - Macao 2026

Date: 14-15 January 2026

Venue: Galaxy Macau Oasis

Email: internationalyoganasa@gmail.com

Participant Declaration Form

Full Name: _____

Date of Birth: _____

Gender: _____

Nationality: _____

Passport/ID Number: _____

Emergency Contact Name: _____

Relationship: _____

Contact Number: _____

Photo

Declaration

1. Fitness to Participate:

I am physically and mentally fit to participate in the International Yoga Championship - Macao 2026. I have no medical conditions or injuries that may affect my participation.

2. Voluntary Participation:

My participation is voluntary and I understand the risks involved in competitive yoga.

3. Adherence to Rules:

I have read and agree to abide by all rules, regulations, and the code of conduct set by the organizers.

4. Drug & Substance Policy:

I understand that the use of drugs, alcohol, and any banned substances is strictly prohibited. Violation will result in immediate disqualification.

5. Medical Consent:

In case of any injury or emergency, I authorize the organizers to arrange medical treatment as deemed necessary.

6. Release of Liability:

I release the organizers, sponsors, and venue from any liability for injury, loss, or damage arising from my participation.

7. Use of Photographs/Videos: I grant permission for my photographs and videos taken during the event to be used for promotional purposes by the organizers.

8. Accuracy of Information:

I declare that all information provided is true and correct.

Signature of Participant: _____

Date: _____

Signature of Parent/Guardian: _____

(If participant is under 18 years)

Advisory boards members



Shri. Debadatta Biswas
HONG KONG, CHINA



Grand Master Kamal Srinivas
THAILAND



Master Nanda Dulal Dutta
INDIA



Master Vishwanath Kulkarni
VIETNAM



Master Subhasish Bhaduri
INDIA



Master Kishore Kumar
HONG KONG, CHINA



Dr. Harshad Solanki
INDIA



Ms. Trần Thị Lan
VIETNAM



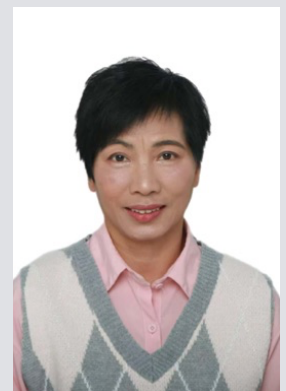
Rajesh Choudhary
VIETNAM



Master Mehul Chitroda
INDIA



Ms. Nise
MACAU, CHINA



Ms. May Lai
MACAU, CHINA



1st International
Yogasana Championship
MACAO

In-Partnership with



Associated & Supporting Bodies

International Yogasana Sports Federation;
World Yogasana Spots Federation;
Macau Yoga Professional Association;
Vietnam Yoga Federation;