

# 8th ASIAN YOGA SPORTS CHAMPIONSHIP

2018 September 27-30 Jimmy George Indoor Stadium, Thiruvananthapuram, Kerala, India.

## ASIAN YOGA FEDERATION

Regd. Under the societies Registration Act-XXI of 1860, Regd No. 4577 Dated 25.04.2018

OFFICE: Flat No.501, GHS-93, SECTOR -20 PANCHKULA, 134116 (HARYANA) - INDIA

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E-mail: [yfiashok2000@yahoo.co.in](mailto:yfiashok2000@yahoo.co.in)



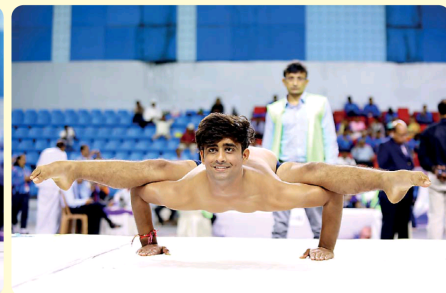
ORGANISED BY  
YOGA FEDERATION OF INDIA  
Hosted By  
Yoga Association of Kerala



27th to 30th Sept. 2018. JIMMY GEORGE INDOOR STADIUM, THIRUVANANTHAPURAM (KERALA) INDIA.



Mr. Ashok Kumar Aggarwal, President - Asian Yoga Federation; President - Yoga Federation of India and Patron - International Yoga Federation welcoming Yogacharya Professor Dr Subash Chawla, Patron - Yoga Confederation, Sri Lanka, - Captain and Chef de Mission of the yoga team from Sri Lanka participating in the 8<sup>th</sup> Asian Yoga Sports Championship 2018, Thiruvananthapuram, Kerala, India, 27<sup>th</sup> - 30<sup>th</sup> September, 2018.



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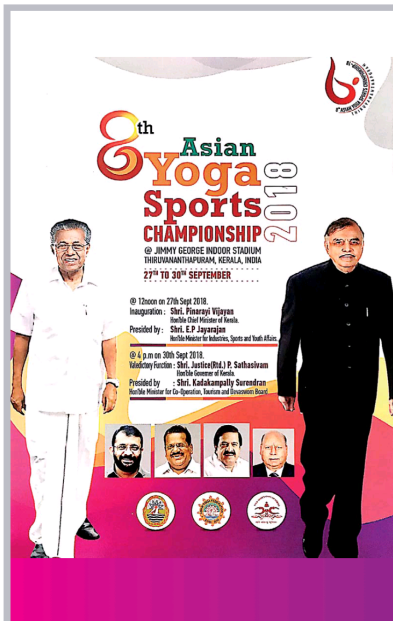
Message from  
Yogacharya Professor  
Dr. Subash Chawla  
Patron  
Yoga Confederation

The Yoga Confederation, Sri Lanka Affiliated to the Asian Yoga Federation, is a young organisation and is fortunate to have as its President Yogacharya T Anantharavi who is the highest qualified practicing Yogacharya in Sri Lanka who hails from a traditional yoga family. With his professional yogic presence in Switzerland, Germany, India and Sri Lanka he has several years experience in imparting yoga nationally and internationally.

Inter alia, he (T. Anantharavi) is the only INTERNATIONAL YOGA FEDERATION Registered Yoga Teacher (I.Y.R.T) in Sri Lanka. Also the first Yogacharya from Sri Lanka to receive the qualification of EXPERIENCED REGISTERED YOGA TEACHER (E.R.Y.T) from Yoga Alliance, USA. He is the holder of the Masters Diploma in Alternative Medicine awarded by the Arogya Mandir, Jodhpur (Rajasthan), India. He was also awarded the Asian Referee Certificate at the recently concluded 8th Asian Yoga Sports Championship 2018 Thiruvananthapuram, Kerala, India.

His professional expertise enabled two members of the yoga team from Sri Lanka win Awards at the Championship - which was the official launch of the Yoga Confederation internationally.

I have full confidence that under his Presidency yoga in Sri Lanka will progress to the next level.



Message from Yogacharya  
T. Anantharavi  
President  
Yoga Confederation

The Yoga Confederation, Sri Lanka which is affiliated to the Asian Yoga Federation marked its presence with a yoga team of 8 players at the recently concluded 8th Asian Yoga Sports Championship 2018 Thiruvananthapuram, Kerala, India September 27 - 30, 2018.

We are grateful to have as our Patron Yogacharya Professor Dr Subash Chawla - the Doyen of the India Sri Lanka Foundation several years back.

Dr Chawla a former Bombay Junior Tennis Champion and University player has participated in over 8 sports winning several prizes. He ended his sports career winning the Diplomatic Squash Championship Sri Lanka, the Rotary Squash Championship Sri Lanka and was the Masters National Squash Champion of Sri Lanka in 1980.

Heading the pioneering sports firm in Sri Lanka which was established in 1910, he has sponsored many sports and his company introduced volleyball in Ceylon at the time which is now the National Sport of Sri Lanka.

His beginning in yoga was with Kaivalyadham in Bombay. Certified at Yoga Ashrama New Delhi, he has had links and programs with Syvasa, Bihar School of Yoga, Art of Living and Bangalore University.

He has authored several articles in yoga and had conducted the Yoga-Train the Trainers Program in Colombo with the assistance of the India Sri Lanka Foundation several years back.

He is a Technical Member of the Asian Yoga Federation and was Captain and Chef de Mission of the yoga team from Sri Lanka to the 24th World Yoga Sports Championship, Kuala Lumpur Malaysia 2015, where he was presented with an Award of Honour.

He was Captain and Chef de Mission of the yoga team from Sri Lanka to the 8th Asian Yoga Sports Championship 2018 Thiruvananthapuram, India, where he was presented with an Award of Appreciation for promoting and introducing yoga in Asian countries. Yoga Confederation, Sri Lanka seeks his direction and guidance in the years to come.



Yogacharya Professor Dr Subash Chawla being presented the Award of Appreciation by the Honorable Minister of Sports, Kerala, India, in the presence of the Honorable Chief Minister of Kerala, India, Sri Pinarayi Vijayan and Mr.Ashok Kumar Aggarwal.



The Honorable Justice P.Sathasivam, Governor of Kerala, India presenting the Team Award to the President - T. Anantharavi and Secretary - A.Nathiba of Yoga Confederation, Sri Lanka.

## YOGA CONFEDERATION (Sri Lanka)

**Best Wishes from INDO LANKA FORUM**  
Promoting Cultural, Academic, Economic and Scientific interaction between Sri Lanka and India.

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Patron	PROF.DR.SUBASH CHAWLA Yogacharya	(+94)722967134	subash.chawla@gmail.com

Best Wishes to the  
Yoga Confederation, Sri Lanka

**Dr. Arturo Zoller**  
International Artist  
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Amsterdam: 0031651925648  
arturozoller2011@hotmail.com

**YOGA INSTRUCTOR CERTIFICATE (YIC)**

The Yoga Confederation, Sri Lanka Affiliated to the Asian Yoga Federation proposes to conduct a one month YIC training program in Colombo. A maximum of ten trainees will be admitted. For further details please contact;  
**Ms. A. Nathiba**  
ananthayoga@yahoo.com  
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**Best Wishes to the Yoga Confederation, Sri Lanka**

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# 8th ASIAN YOGA SPORTS CHAMPIONSHIP

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## YOGA SPORTS TRAINING IN HIGH PERFORMANCE FLEXIBILITY

In this speedy world yoga is used as a sport in the initial state by many people. With continuous practice they may go into real yoga as per the tradition.

The importance of RESISTENCE in the flexibility for which it is necessary to maintain, for a considerable length of time a position or posture is contrary to what happens in rhythmic gymnastics.

Flexibility can be of four types according to their form of execution and training.

- 1- Passive Static
- 2- Active Static.
- 3- Passive Dynamic.
- 4- Active Dynamic.

Of these four, the best form of SPORTS FLEXIBILITY OF HIGH PERFORMANCE, are without a doubt the Passive Static and the Passive Dynamic.

Understanding this is extremely important, because it means knowing or not knowing how to train a competitor. Active stretching uses your own muscle forces to stretch yourself.

Passive stretching uses someone or something else to assist with a stretch (body weight, gravity, strap or leverage). Static is holding - usually 30-60 seconds per stretch. This is the best way to increase your flexibility.

Dynamic is movement that, sprinters and exercisers perform such as leg swings, trunk rotations and arm rotations to "loosen" up the joints and muscles before exercise sessions. It is an excellent way to warm up and contribute to performance.

When we make a position of flexibility we must understand that for example sports yoga has and trains RESISTANCE in Flexibility, while in other disciplines we find a flexibility without permanence. Flexibility training must have a permanent development of resistance in flexibility.

A posture is static because it lacks movement. It is passive when the muscles that are elongated do it in favor of gravity without the need for effort, nor energy spending of the individual.

We see the formidable difference between the training or workouts in Active Dynamic Flexibility, which are divided into Active Dynamic Postural and Active Dynamic Ballistic Flexibility (the latter I do not recommend) of the same as the first, it does not have much utility for high performance.

Ballistic is bouncing-type stretching, which triggers the stretch reflex and not recommended unless you are hypermobile and a dancer / athlete / ballerina.



The yoga team from Sri Lanka to the 8<sup>th</sup> Yoga Sports Championship 2018 Thiruvananthapuram, Kerala, India. Standing behind (R) is Mr. Ashok Kumar Aggarwal, President, Asian Yoga Federation. S.Sathurshan, T.J.Gowtham, R.Pirakalathan, Prof Dr Subash Chawla, T.Anantharavi, A.Nathiba, S.Lakshman & D.Sowmyan (L to R).

### Some Milestones in the Evolution of Yoga

To present an insight into the early evolution of the Art and Science of yoga is a daunting task as much of the yoga traditions are buried in antiquity. But suffice it would to say in the yogic culture and tradition, Lord Shiva is known as the first guru [ ADI GURU ] and is most popularly worshipped seated in one of the truly beautiful asanas - the Padmasana [ Lotus posture / pose ] He is the first yoga teacher followed by the Sapta Rishis - the first seven rishis .

#### A yoga encyclopedia states -

"In the yogic scriptures it is said that there were originally 8,400,000 asanas which represent the 8,400,000 incarnations that every individual must pass through before attaining liberation from the cycle of birth and death. Down through the ages the great rishis and yogis modified and reduced the number of asanas to the few hundred known today".

Yoga is believed to have started from the very dawn of civilisation. Yoga developed as a way to achieve harmony between body, mind and soul. In its historical progression yoga is amply mentioned in the Vedic scriptures and the scripts of the Indus Sarasvati civilisation of over 5000 years ago.

The Yoga Sutras of Maharishi Patanjali compiled prior to 400 CE from older yoga traditions organised and regularised the extensive knowledge of yoga. Maharishi Patanjali and the Theosophical Society popularised yoga in the West.

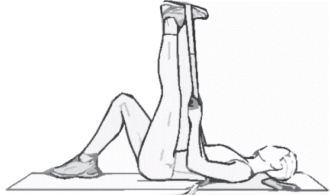
considered the Father of modern-day yoga. In more recent times Swami Vivekananda and the Theosophical Society popularised yoga in the West. The World Health Organisation accepted Yoga into the field of Complimentary and Alternate Medicine [CAM] which gave a new dimension to yoga in modern times.

The United Nations recognising the growing popularity of yoga worldwide Decreed 21st June as the International Day of Yoga.

Yoga Sports is a relatively very new development which is seeing exponential growth worldwide. Its galloping popularity and appeal universally may potentially make it the most popular sport in the world.

The message is loud and clear, yoga is now for the whole world.

**Yogacharya**  
Professor Dr Subash Chawla  
subash.chawla@gmail.com



What we see in the picture, is called Active Dynamic Flexibility, because an aid element is used to work on flexibility, but while a part of the body is intended to stretch another part of the body, it must be strong enough to achieve that stretch.



On the other hand, Passive Dynamic Flexibility training is something superlative, the competitor is relaxed and the trainer works on flexibility, working on muscle, articulation and joint. The result is simply optimal and is achieved in about a month- which is not achieved with Active Dynamic Flexibility. By not spending energy the competitor's body is relaxed and flexibility is greater, not only recovering from another previous training but avoiding all injuries that could occur in a practice.



**Yogacharya**  
T. Anantharavi (I.Y.R.T. / E.R.Y.T. / M.D.Acu)  
ananthayoga@yahoo.com

## YOGA CONFEDERATION (Sri Lanka)



R.Pirakalathan (extreme left) receiving a Merit Certificate at 8th Yoga Sports Championship 2018, Thiruvananthapuram, Kerala, India.

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T.J.Gowtham (extreme left) receiving a Merit Certificate at 8th Yoga Sports Championship 2018, Thiruvananthapuram, Kerala, India.

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To Bindu, yoga is a vehicle that allows her to bear witness and honor every hour through mind and body awareness. Every asana is an expression of gratitude. Bindu spends 9 hours a day teaching yoga and an additional 3 hours on self-practice. All of the yoga destinations have been chosen by our team of organizers who have traveled to these locations and have engaged with the locals, will have luxury accommodation in stunning surroundings to ensure many essential ingredients that all go towards guaranteeing our guests enjoy a fabulous holiday.

Bookings Now Open

For Sri Lanka Yoga Retreat from 15th-21st Nov. Price: \$599/-, 10th Per Person. For Sri Lankan Nationals Discounted Price is LKR 82,200 Per Person

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**Wishing for a great future to Yoga Confederation, Sri Lanka**

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