



**Embassy of India  
Athens**

**“Yoga Posture Photo Contest – 2022”**

As the International Day of Yoga (IDY) – 2022 is inching closer, the Embassy of India, Athens is pleased to announce “Yoga Posture Photo Contest – 2022” as a curtain raiser event for IDY-2022. Yoga professionals and practitioners are invited to participate in the competition by sending us your photographs of Yoga Asna/postures performed at some iconic location/monument/building in Greece. Detailed guidelines are as under:

1. Anyone from Greece can participate in this contest by sending 2 high-resolution photographs of your yoga postures with name of the Asana to [embassy.athens@mea.gov.in](mailto:embassy.athens@mea.gov.in) with following information:

Name  
Age  
Contact No.  
Address  
Email ID  
Name of Yoga Asna/Posture

2. About Contest:

\* Please choose the location/background of your choice, ensure that it should be an iconic place and have some historic significance.

\* 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. Workout outfits may be used.

\* The posture of the participant must be based on common Yoga Asanas. Gymnastic based yoga posture photographs will not be considered. For common Yoga Protocol, participant may like to visit this link: <https://www.youtube.com/watch?v=9GRKhGyibtI>

3. The contest will be open from 05 May at 0600 hrs to 25 May, 2022 at 1700 hrs.

4. Top three participants will receive prize and all the participants will get certificate from Embassy on International Day of Yoga Event – 2022.