



# Common International day of yoga protocol (complete)

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## Description:

Complete protocol of the international day of yoga, 3rd version, may 2017, <http://bit.ly/idyp2017>

 <p>Lotus Pose Prayer Arms</p>		 <p>Mountain Pose</p>	 <p>Standing Neck Bends Forward Backward</p>	 <p>Standing Neck Bends Left Right</p>
 <p>Standing Neck Bends Left Right Twisting</p>	 <p>Standing Shoulder Movement</p>	 <p>Standing Shoulder Rolls Bent Elbows</p>	 <p>Trunk Twisting Pose</p>	 <p>Standing Squat Pose Knee Movement</p>
	 <p>Palm Tree Pose</p>	 <p>Tree Pose</p>	 <p>Standing Forward Bend Hands Under Feet Pose</p>	 <p>Standing Forward Fold Pose</p>
 <p>Standing Backbend</p>	 <p>Extended Triangle Pose</p>	 <p>Staff Pose</p>	 <p>Bound Angle Pose</p>	 <p>Thunderbolt Pose</p>



Camel Pose Variation 1



Camel Pose



Wide Child Pose



Stretched Up Frog Pose



Twisted Pose



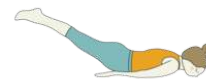
Crocodile Pose



Sphinx Pose



Cobra Pose



Locust Pose Variation



Bridge Pose



Raised Legs Pose Variation  
Hands On Floor



Half Plough Pose



Wind Release Pose



Corpse Pose



Skull Shining Breathing  
Technique



Nadi Shodhana



Sitali



Bhramari Pranayama



Lotus Pose



Anjali Mudra