



YOGA WARRIOR 2025

" WORLD'S TOUGHEST HATHA YOGA CHALLENGE "

**12 CHALLENGES TO TEST YOUR PHYSICAL, MENTAL AND EMOTIONAL
RESILIENCE TO THE EXTREME**

CHALLENGE 1: 1 HOUR 30 MINUTES

150 RAMMOORTHY DAND
150 HANUMAN DAND
100 VRICKSHA DAND
100 PALAT DAND
500 SAPATE

CHALLENGE 2: 3 HOURS 30 MINUTES

1008 SURYANAMASKAR

CHALLENGE 3:

1008 SIRASANA (LEGS UP & DOWN) &
SARVANGASANA TO DWI PADA PEETH

CHALLENGE 4:

1 KM URDHVA DANURASANA WALK

CHALLENGE 5:

1 HOUR SIRASASANA

CHALLENGE 6:

ASANAS HOLDING

CHALLENGE 7:

1 KM PADANGUSTANASANA WALK

CHALLENGE 8:

1 KM KAUVA CHALANASANA WALK

CHALLENGE 9:

1 KM NAKARASANA

CHALLENGE 10:

84 ASANAS

CHALLENGE 11:

1 HOUR MEDITATION (PADMASANA)

CHALLENGE 12:

1 HOUR PRANAYAMA (PADMASANA)
DEMO OF ALL TYPES IN 15 MINUTES
15 MINUTES UJJAI
10 MINUTES BRAHAMARI
20 MINUTES NADI SUTHI

19th & 20th December 2025 @ YogapYasa Academy

www.yogapYasa.com