

RULES AND REGULATIONS

- 1) Participants above 15 years can only take part .
- 2) Entry forms must be filled up with all requisite details and submitted at the reception on or before 12/12/2016.
- 3) Systematic step by step performance of "SURYA NAMASKAR" is must. Missing of any step will lead to disqualification of the participant.
- 4) The decision of the Volunteers will be final and binding.
- 5) Participants must report on 18/12/2016 at 6.30am
- 6) Dress Code: White T Shirt and Full black track pants or white kameez and black salwar for ladies.
- 7) Bring your own yoga mat, napkins and water bottle.

I abide by all the rules and regulations.

Signature

DECLARATION

I _____ of _____
Name Address

_____ hereby declare that all the details in the entry form are correct and true to the best of my knowledge and belief.

I further declare that I am capable and fit physically to participate in the SURYA NAMASKAR friendly challenge to be held on 18/12/2016 and will be solely responsible for my decision to participate in it. In case of any health problem arising during the challenge I shall not hold Ghatkopar Jolly Gymkhana liable and responsible.

Declared at: _____

Date: _____

Signature: _____