

THE RAJAKAPOTASANA (KING PIGEON POSE)



The LONGEST TIME TO HOLD THE RAJAKAPOTASANA (KING PIGEON POSE)

was measured at 22 minutes 28 seconds,
achieved by

Mr. Pranchal Sharma

as an Official World Record Holder at the

Yoga Ministry of Canada in

Caraquet, New Brunswick, Canada

during an official record attempt organized by

Amazing Olympia World Records Inc.

on March 30, 2026.

**OFFICIAL
WORLD RECORD HOLDER**

