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The benefits of regular yoga practice and its impact on quality of life

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Abstract
The benefits of yoga extend far beyond physical fitness. This ancient practice can improve flexibility, strength, and cardiovascular health while also reducing stress and enhancing mental clarity. For older adults, incorporating yoga into their routine can lead to profound improvements in quality of life, making it a valuable tool for promoting overall health and well-being. As more research unfolds, yoga's potential as an effective physical activity for older adults will likely be further recognized, encouraging broader adoption of this enriching practice. Yoga is a form of mind-body fitness that involves a combination of muscular activity and an internally directed mindful focus on awareness of the self, the breath, and energy. Yoga is a powerful practice that offers a myriad of health benefits, particularly for women. Its holistic approach addresses both physical and mental well-being, making it an ideal addition to a woman's wellness routine. The benefits of yoga for women's health are extensive, addressing physical, emotional, and mental well-being. From hormonal balance to enhanced reproductive health, yoga serves as a valuable tool for women at every stage of life.

Keywords: Yoga, physical-mental health, quality of life

Introduction
Yoga, with roots spanning over 3,000 years, has transitioned from an ancient Indian practice to a widely recognized approach to holistic health in the Western world. Classified by the National Institutes of Health as a form of Complementary and Alternative Medicine (CAM), yoga is valued for its unique contributions to both physical and mental well-being. The word "yoga" comes from a Sanskrit root "yuj" which means union, or yoke, to join, and to direct and concentrate one's attention [4]. Yogic techniques, which aim at physical and mental self-culture, have convincing scientific bases and produce consistent physiological changes [1, 2, 3]. Many international football clubs, American footballers and rugby, golf & cricket clubs in Australia, South Africa, New Zealand & the US have used this centuries-old practice from India as a progressive training technique for some time. Yoga is both preventive and therapeutic and has shown to offer both physical and mental benefits to the body and mind. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore the practice is an ideal complement to other forms of exercise and an extreme advantage to any sport. The "postures" are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body [1].

Types of yoga
- **Ashtanga Yoga:** Discipline of Mind.
- **Hatha Yoga:** Discipline of Body and Prana.
- **Bhakti Yoga:** Discipline of Emotions.
- **Karma Yoga:** Discipline of Actions.
- **Gyan Yoga:** Discipline of Intellect.

What is yoga for fitness?
Yoga for fitness and wellness provides an inclusive approach through non-purist Hatha and Ashtanga style classes. These sessions are designed to accommodate all ages and fitness levels, offering a multilevel format that emphasizes safe modifications.

This adaptability ensures that participants can engage at their own pace and ability, making yoga accessible to everyone [6]. Yoga can be a valuable addition to your fitness routine, particularly for strength and flexibility, though its benefits depend on your current fitness level.

Strength Building

Bodyweight Training: Yoga poses challenge your muscles in unique ways, making it effective for building strength, especially if you're starting from a lower fitness level. If a pose leaves you feeling fatigued or sore, it indicates that your muscles are working and adapting.

Flexibility Improvement

Comprehensive Stretching: While some yoga styles emphasize flexibility, even more athletic classes include significant stretching components. This dedicated time for stretching far surpasses quick stretches typically done at the end of a gym session, promoting greater overall flexibility over time.

Neuromuscular Training

Coordination and Balance: Yoga enhances the connection between your brain and muscles, which is crucial for balance and coordination. Improved neuromuscular training can potentially reduce the risk of injuries, particularly knee injuries, making it beneficial for athletes.

Cardiovascular Considerations

Not a Replacement for Aerobic Training: While yoga offers numerous benefits, it doesn't provide the same level of cardiovascular workout as running, cycling, or other high-intensity aerobic exercises. You won't typically reach the level of exertion needed for significant cardio fitness improvements through yoga alone.

Quality of life

Health-related quality of life (HRQoL) is a multi-dimensional concept that includes domains related to physical, mental, emotional, and social functioning. It goes beyond direct measures of population health, life expectancy, and causes of death, and focuses on the impact health status has on quality of life. A related concept of HRQoL is well-being, which assesses the positive aspects of a person's life, such as positive emotions and life satisfaction. Well-Being Measures - assess the positive evaluations of people's daily lives-when they feel very healthy and satisfied or content with life, the quality of their relationships, their positive emotions, their resilience, and the realization of their potential. Health purpose yoga practice improve the quality of life.

Benefits of yoga

Yoga primarily emphasizes general well-being, promoting a holistic lifestyle rather than serving as a direct therapy for specific illnesses. However, its practices often yield a variety of healing effects, contributing to overall health and vitality. Yoga teaches individuals to engage with the world mindfully, fostering a sense of balance and harmony in daily life. This lifestyle approach encourages healthy habits that extend beyond the mat, positively influencing mental, emotional, and physical health.

- Increased overall health, energy and vitality
- Greater body awareness
- A stronger and leaner body
- Increased flexibility with improved range of motion
- Better posture
- Natural weight loss
- Reduced stress and tension
- Improved concentration

Conclusion

In conclusion, while yoga serves as a pathway to general well-being, its numerous benefits-including physical strength, emotional balance, and enhanced vitality make it a valuable practice for anyone seeking to improve their quality of life.

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