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Benefit and impact of yoga in sports

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Abstract

A history of yoga is more than just becoming stronger and more flexible. In many religions the world yoga means spiritual discipline. Yoga has been practiced for around 500 years. Several schools and organizations of yoga have emerged over time. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because particular sport can develop certain muscle groups while ignoring others. Yoga helps the muscles, tendons and teguments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. The mind-body connection in yoga is essential to helping sports people's developmental activity and concentration. In addition, yoga helps you to relax not just tight muscles, but also anxious and overstressed minds.

Keywords: yoga, flexible, muscles, benefit to athletes

Introduction

In the world many international football clubs, golf & cricket clubs in US, South Africa 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. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple, it will be less prone to sports injuries as the joints will be kept lubricated. When a player, in any sport is trying to fulfill thousands, hundreds of thousands or if playing for their country, millions of people's expectations their minds are completely stressed and their natural efficiency diminishes no amount of coaching or training can prepare for doubt or worry entering the mind of a player during a game by holding steady postures, and concentration on deep abdominal breathing we can increase body awareness, relieve chronic stress patterns in the body, relax the mind, center one's attention sharpen concentration and "stay in the zone" many athletes are having more injuries that require surgery because of the increased focus on strength training with weight resistance and peace of mind.

Objectives of Yoga in Sports

Physical fitness and health emotional stability are the main objectives which bring yoga and physical education on a common platform for the benefit of the human individual. Health is more general and comprehensive term conveying the feeling of well-being, while physical fitness is a more specific term. Health and physical fitness is more specific term. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise program can be evaluated only in the forms of the effects that one obtained in promoting a particular factor of physical fitness.

1. Health benefits of Yoga

1. Respiratory rate decreases.
2. Pulse rate decreases.
3. Blood pressure decreases.
4. Cardiovascular efficiency increases.

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5. Stable autonomic nervous system equilibrium with a tendency toward parasympathetic nervous system dominance rather than the usual stress induced sympathetic nervous system dominance.
6. Posture improves.
7. Energy level increases.
8. Weight normalizes.
9. Immunity increase.
10. Excretory functions improve.
11. Fein decreases.

2. Yoga impact

- Trains the athlete gets and stays in the mental zone.
- Creates an overall body flexibility. Increases range of motion and mobility.
- Improves circulation, massages internal organs and glands for optimum health.
- The yoga breath builds up increases one's life force energy.
- The yoga breath circulates and detoxifies the LYMPH FLUID to speed up recovery time from training 15% Factor eliminating health.
- Dissolves competition anxiety and stress. Helps to balance 8 manage emotions that could focus concentration and judgment.

Conclusion of the study

In this study researcher find out that yoga if sports as important as other think it helps us in different ways and different levels in a sport manlike. We have improved our performance by daily yoga practicing in order to perform a sporting action efficiently and effectively a person needs to high degree of concentration and focus with a mind that is calm and controlled, yoga can help a sports person to have governess of mind on control of their thoughts even during stress and adversity. As a finally we see positively yoga can play a key role in cultivating mind control and concentration which helps a sports person to perform at their peak leaves and yoga helps and give energy us a lot.

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