



Importance of Yoga in Physical Education: A Study

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Abstract

This paper attempts to study importance of **elements of yoga practices in physical education and sports**. Yoga is a way of a better living. It ensures great or efficiency in work, and a better control over mind and emotions. Through yoga one can achieve both physical and mental harmony. Health is the greatest blessing of all. Health is not just the absence of disease. To enable the individuals to lead a life of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Physical Education may provide the right direction and needed actions to improve the health of members of any community, society, nation and the world as a whole. An educational system encompassing the mental, emotional, social and physical dimensions of health becomes imperative to bring about all around development in children. Yoga is one of the Indian philosophical systems that emphasize the importance of the work with the body to develop healthy behaviors and thoughts.

Among all its techniques the physical postures, called asanas in Sanskrit, are the ones that got. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said “it is not the winning itself but the competing nobly that really matters”, when the place where competitions took place was sacred and the respect between competitors was essential. In our modern society the term Physical Education has been understood in different ways. Some say it is the “education of the body”, which is educating the body to achieve some skills and abilities as it is done, for example, in sports. Others think it is the “education to the body”, which is working out only to improve one’s looks. Unfortunately, this is the main reason why people join gyms, especially before the summer. In fact, the expression Physical Education originally means “education through the body”. It is using the work with the body as a strategy to reach the noblest goals of education: autonomy and ethics in our relationships with each other and the environment. It is necessary to remember that sports and gymnastics belong to the scope of Physical Education. Once there was a time when people said “it is not the winning itself but the competing nobly that really matters”, when the place where competitions took place was sacred and the respect between competitors was essential. Both Yoga and Physical Education in their origin use the body as a tool for developing attitudes and abilities that are important to achieve physical and mental health. Nowadays they can be considered complementary subjects. While the West developed

the aerobic conditioning and the sports training and focused on its relationship with good health, the East pursued the same goals through concentration and relaxation.

Keywords: Yoga , exercise , science, physical education in schools, , muscle

Introduction

The word 'yoga' means "to join or Yoke together". It brings the body and mind together to become a harmonious experience. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yoga is a method of learning that aims at balancing "Mind, Body and Spirit". Yoga is a practice with historical origins in ancient Indian philosophy. Yoga is distinctly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Other forms of physical exercises, like aerobics, assure only physical wellbeing. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates. They have little to do with the development of the spiritual or astral body. Yogic exercises recharge the body with cosmic energy and facilitates Benefits for Physical Education Yoga is then commonly taken as a system of physical education with a spiritual component, although the truth is the reverse: Yoga is a spiritual system with a physical component. The practice of asanas is yet only a small part of the complete system of Physical Culture & Education known as Hatha Yoga. Role of yoga in education from various angles, including the type of education that was being provided to children throughout the world as well as the different levels of stress that children face in the classroom environment. The difficulties, problems, conflicts, distractions and dissipation of their energies were also considered. We started using certain principles and practices of yoga, firstly, as an experiment to increase the children's learning ability and, secondly, to inspire teachers to teach their subjects in a slightly different way.

Our belief was, and still is, that we are educating our children without considering or caring for the growth of their entire personality. We are cramming their brains and minds with information without creating any support group outside the classroom environment where they can continue to imbibe education. We have to look at what science says about the growth of a child, what psychoanalysis says about child psychology and how the hormones and glands alter and influence the rationality, emotional structure and creative output of the child. Benefits of Yoga in Physical education and sports 33 Adjusting Both Hemispheres of the Brain According to Science, there are two hemispheres in our brain, the right and the left. These two hemispheres perform different functions. The functions of the left hemisphere are linear, logical and intellectual. Those of the right hemisphere are artistic, creative and intuitive. If we consider these facts, the education system does not allow the child to develop the full potential of the right and left hemispheres of the brain. The trend of education has been through books. You read, memorize, sit for an exam and receive a grade. Either you pass or fail. Again you have to read, memorize, sit for an exam and get your grade. The subjects which are taught follow a linear, logical system, whether it is math's, history, geography, physics, chemistry or medicine, whether it is advanced education or secondary education. In this process only one side of the brain is stimulated - the linear, logical side. In order to balance the other aspects, we

teach children the arts. We encourage them to practice music, to paint, to perform plays. We encourage them to use their creativity. But if you compare the influence of the different lobes of the brain, you will find that the linear and logical are more pronounced than the artistic and creative. This is one point. Building up the Whole Mind The second point is that the brain is only the medium through which we educate our mind.

The mind is a composition of four different faculties, which in yogic terminology are defined as manas, buddhi, chitta and ahamkara. The word manas means to rationalize, to think about something. Buddhi means intellect. Chitta is an area of consciousness where impressions are stored. Ahamkara is the concept of ego. In the modern education system we are feeding only one aspect of the mind - buddhi. We are not dealing with the manas aspect, which deals with the faculty to know what is right and what is wrong. We are not dealing with chitta, where impressions of knowledge are stored in the form of memory and experience. Nor are we dealing with ahamkara, the ego. Rather we are cramming buddhi with information without boosting up the other aspects of our mind. Therefore, despite all our education, we are not able to apply it constructively and creatively in our lives.

Depending on the action, a muscle is either contracting (i.e., an agonist) or lengthening (i.e., an antagonist). For example, if you make a fist and lift your forearm, the biceps contracts while the triceps stretches. If you want to showy biceps and do repeated biceps curls to pump up the muscle, the triceps will shorten and you could lose the ability to straighten your arm. A healthy balance is to work to both contract and stretch to maintain muscle equilibrium as well as functionality. For example, when stretching the hamstrings, the quadriceps need to contract. This coordinated action not only creates a deeper and safer hamstring stretch, but also provides an opportunity to strengthen the quadriceps, especially the inner quadriceps, which are weak in many runners. This is crucial for runners because the hamstrings most likely need lengthening while the commonly weak inner quads need strengthening. Every yoga pose is a balance of stability (muscles contracting and strengthening) and mobility (muscles stretching and lengthening). At no time is only one muscle group used. Even the simplest yoga pose requires an awakening of every part of the body. Downward dog is an exemplary pose to demonstrate this. Following is a summary of the major muscle actions in this fundamental pose

Objective:

This paper intends to explore and analyze how **Yoga can be incorporated in physical education** to enable integrating the body, mind, and thoughts so as to work for good ends. Also its relevance in Modern life style that leads to poor food habits, heavy daily routines and to air and water pollution in turn easily affect the human body and Yoga can boost immunity.

ROLE OF YOGA IN PHYSICAL EDUCATION

In the previous 30 years, youth stoutness has dramatically increased in kids and quadrupled in teenagers, which implies that more than 33% of our country's childhood are overweight or hefty (CDC, 2015). This pandemic of youth heftiness accompanies a variety of sad and well-known, results, both in the short and long haul.

Yoga is a sound lifestyle, began in India. Presently it is accepted to be a type of science acknowledged everywhere throughout the world. The western culture additionally is tolerating it as a sound type of logical exercise. In spite of the fact that the source of yoga is dark, it has a long custom. In course of time, different schools of yoga created. The significant schools of yoga are Jnana yoga, Bhakti yoga, Karma yoga and Raja yoga. These schools of yoga advocate specific sort of strategy which incorporates an assortment of systematized practices of yoga relying upon their specific methodology. Be that as it may, all these are prompting the shared objective of self-acknowledgment and incorporation of body and psyche.

Yoga for a typical individual contains the acts of yama, niyama, asana, pranayama, pratyahara, kriya, mudra, bandha and contemplation which are useful to keep one physically fit, rationally alert and genuinely adjusted. This at last gets ready ground for the profound improvement of a person.

The psychological accentuation of the present yoga educational modules for school-going kids is to build up their physical wellness, psychological advancement and passionate dependability as opposed to on the otherworldly part of yoga.

Stances or asanas structure a significant premise of these educational modules. These have, accordingly, been given more weight age. However, other yogic exercises have additionally been incorporated into the educational programs.

The word 'Yoga' is gotten from Sanskrit root yuj which signifies 'join' or 'join together'. This might be taken as the association of body, psyche and soul, and is utilized in the writing both as an end just as methods. As an end, yoga implies 'reconciliation of identity' at the most abnormal amount. As methods, yoga incorporates different practices and systems which are utilized to accomplish the advancement of such coordination. These practices and strategies are implies in the yogic writing and are also alluded by and large as 'Yoga'.

Importance of Yoga in physical education

Great Health is the privilege of each individual. Be that as it may, this privilege relies upon individual, social and natural variables. Alongside social or ecological variables to a substantial degree, we can build up a superior insusceptible framework and a superior view of oneself with the goal that different conditions don't influence us antagonistically and we can accomplish great wellbeing.

Wellbeing is a positive idea. Positive wellbeing does not mean only opportunity from infection, however, it additionally incorporate a joyous and lively sentiment of prosperity with a measure of general opposition and ability to effectively develop insusceptibility against explicit culpable specialists.

There are numerous advanced and indigenous techniques and orders that can push us to effectively battle with ailments. For instance, the arrangement of yoga, naturopathy, ayurveda, unani, homeopathy and siddha can be cited among indigenous frameworks, though allopathic framework is cited as the cutting edge and well known restorative framework. Yoga is a standout amongst the most dominant drugless arrangement of treatment. It is having its own idea of wellbeing which has been deductively comprehended and displayed by many. Yoga can be received as way of life for advancing our physical and psychological well-being. Yoga, whenever presented at the school level would instill solid propensities and sound way of life to accomplish great wellbeing.

The point of yoga in this way, at the school level, is to empower a positive and solid way of life for physical, psychological and passionate wellbeing of youngsters. Yoga helps in the advancement of solidarity, stamina, continuance and high vitality at physical dimension. It likewise enables oneself with expanded fixation, quiet, harmony and happiness at psychological dimension prompting inward and external amicability.

Yogic Practices in physical instruction

Yoga might be presented from the essential dimension onwards in casual ways, yet formal presentation of yogic activities should start just from Class. The yoga educational modules must deliver itself to the youngsters and there ought to be a few insights to them to take up an investigation of this subject alone notwithstanding what is being instructed in the class. Yogic exercises should be possible by all youngsters incorporating kids with uncommon necessities. In any case, kids with uncommon requirements ought to play out these exercises in interview with yoga specialists/yoga educator according to their ability.

- The yogic practices should begin with a calm state of mind which could be achieved by presenting a short petition.
- It is psychological that body ought to be set up by exercises, for example, lower leg twisting, knee bowing, finger developments, hand grasping, wrist bowing, wrist revolution, elbow bowing, bear pivot and eye development. After this, Surya Namaskara can be practised.
- Regularity of education is basic both in the physical and psychological parts of yoga.
- Patience is a significant prerequisite for yoga. Try not to lose hope in the event that you don't succeed today in completing a specific asana or in following a correct rule of direct. Perseverance in your endeavors is required. Achievement will accompany time.
- Do not contend but rather coordinate. A soul of rivalry is a distinct obstruction on the way of yoga. Rivalries feed our personality while yoga causes us to transcend our conscience.
- Yogic practices ought to be learnt under the direction of experienced instructor.

- Some yogic practices ought to be rehearsed on a void or on a light stomach.
- Early morning is the perfect time for yoga practice however it can likewise be drilled at night.
- Yoga ought not to be drilled in rush or when you are depleted.
- Select a well-ventilated, clean and non-irritating spot for your education.
- Yogic practices ought not to be performed on hard surface. A durry, a tangle or a cover can be utilized for this reason.
- Bathing before the education is great. Utilize cold or warm water according to the prerequisite of the individual and season.
- Clothes ought to be free and agreeable while playing out the yogic practices.
- Breathing ought to be as typical/common as could reasonably be expected. It isn't to be controlled except if trained explicitly to do as such.
- There are restrictions of yogic practices. In the event that you are experiencing any issue or perpetual illness, illuminate your educator before beginning yogic practices.
- Yogic practices ought to be received based on the rule of advancement. At introductory stage, simple practices ought to be received. Later on increasingly troublesome ones can be polished. In this way, begin with straightforward yogic practices and bit by bit continue to do propel rehearses.
- Yogic practices ought not to be joined with other physical exercises in same session. These are two distinct sorts of exercises and could be independently rehearsed.
- Yogic practices can be carried on at home once they are legitimately learnt in the school.
- Yoga has a more extensive significance. Accordingly, aside from asana and pranayama, one should rehearse moral and moral qualities throughout everyday life. Elevated cholesterol, hypertension, coronary illness, Diabetes, malignant growth, stroke. The issue is critical, for our childhood, yet for us as guardians, as educators, as overseers and as confided in grown-ups, to give them direction, backing and condition for a more advantageous future. Obviously the kids in our nation merit a superior arrangement than what we've been giving them, and now is the ideal opportunity. Yoga and Pranayama has an ancient past for the mankind. It is an Indian logic which has been developed from the dirt of this nation. Numerous logical examinations on Yoga and Pranayama have just been done in past, which built up that Yoga and Pranayama is a compelling way to look after wellbeing, wellness and identity of average citizens as a rule. In any case, these days numerous individuals guarantee value of Yoga and Pranayama in games, a little is thought about its effect on their wellbeing related wellness and Performances of Athletics players. In this manner, the present examination is by all accounts consistent.

If there should be an occurrence of wellbeing related physical wellness, truth be told, there are several of feelings about the quantity of its segments. Notwithstanding, in the present examination, the specialist thought about the parts (to gauge wellbeing related physical wellness) as recommended by AAHPERD (American Alliance of Health, Physical Education, Recreation and Dance, 1984).

In a sound and fit body, for the most part, fat segment is proportionately disseminated. The equivalent might be valid on account of abnormal state competitors of different diversions and sports. The after-effect of this investigation demonstrates that Yoga and Pranayama preparing couldn't ascribe to this viewpoint among the Athletics players. Since the players as chose for this examination have a place with a populace of tip top players, they may have had a typical dimension of muscle to fat ratio. Here Yoga and Pranayama may have kept up the equivalent.

Obviously, it is notable that great nourishment and physical movement are basic for the sound improvement and weight support of youngsters and adolescents. What's more, being that our kids and youngsters go through, all things considered, 7 hours of their day at school, we trust that schools have the ability to positively affect understudy wellbeing results, especially through the incorporation of activity amid P.E. furthermore, break.

Yoga as P.E

As a piece of the push to get our schools and understudies going, yoga gives one method for improving the standard Physical Education educational programs to be without a moment's delay progressively comprehensive and increasingly significant to understudies of all ages. In addition to the fact that yoga builds upon essential occupants of physical wellness, for example, muscle quality, bone quality and adaptability, however it does as such in a manner that is formatively fitting, open, and non-aggressive for understudies of assorted limits.

Yoga Ed. in reality goes past the conventional model of P.E. to upgrade mindfulness, self-administration and self-adequacy, helping understudies to fabricate psychological abilities and attract associations with their regular daily existence such that group activities may not. As it were, yoga enables understudies to create solid instruments that engage them to assume responsibility for their very own wellbeing, not simply to exceed expectations on the field. They figure out how to watch their requirements and their condition, and get purposeful about how they feed, move, and regard their bodies as long as possible.

For any physical movement for kids and teenagers to be effective in developing more beneficial results, it should really get understudies to really be physically dynamic. Yoga does this, and great. As a weight-bearing action, yoga animates bone development and advancement, and can prompt more prominent muscle quality, perseverance and adaptability. Truth be told, specialists at the Los Angeles Charter College of Education found that understudies who partook in Yoga Ed. classes experienced huge gains in chest area quality more than one year when contrasted with school locale implies. What's more, despite the fact that not all yoga is essentially vigorous exercise, classes

that do get understudies' hearts siphoning can help improve cardiovascular wellness. Research recommends that yoga can decrease pulse, lower cholesterol levels, and intervene glucose, and a normal yoga practice has even shown noteworthy impacts on the administration of weight.

Obviously, the equivalent could be contended for most exercises in any given P.E. class, so how does yoga look at?

One examination directed at Sunset Beach Elementary School in Hawaii uncovered that understudies who took an interest in the Yoga Ed. educational programs as an option to P.E. in reality recorded an expansion in the quantity of steps every moment contrasted with their companions in the conventional P.E. class. They were increasingly dynamic at school, and considerably more, yoga understudies exhibited an expansion in moderate to vivacious physical action and a reduction in inactive conduct and worry outside of class also. Greater development, in school and out. We'd call that a decent begin.

In any case, yoga does as such substantially more than get understudies' bodies going, and it really satisfies needs that a conventional P.E. educational module regularly does not. For one, in most group activities, the exercises ordinarily aren't centered on building up a youngster's individual improvement, feeling of equalization and space, and general coordination. While children may adapt unmistakable ranges of abilities, for example, kicking or tossing, they don't frequently left away with an improved feeling of comprehensive body-mindfulness.

Dwindle Balding, a Physical Education instructor in Honolulu, Hawaii, understood that after coordinating Yoga Ed. into his classes, his understudies created body quality and adaptability that served them in their improvement and in their regular daily existences, outside of games and outside of class. With so much time spent in class or before a PC, TV or telephone, numerous children and teenagers pass up building up that crucial real mindfulness, and may not realize their bodies all around ok to truly assume responsibility for their wellbeing.

Yoga gives them that control, and does significantly more to advance their wellbeing through the improvement of key social, enthusiastic, psychological and scholarly psychological abilities, for example, consideration and center, basic leadership, participation, stress the board and compassion.

Yoga, for Everyone

Indeed, even in light of these focal points, one of the more unpretentious advantages of coordinating yoga into P.E. is that yoga is profoundly non-aggressive and forcefully centered around gathering the necessities of people where they are, without judgment and without desire. This is immensely amazing, the same number of times it is the kids and youngsters who need physical action the most who observe taking an interest in physical action to be the most troublesome, the most overpowering, and even the most disgracing.

Figuring out how to urge understudies to move and exercise their bodies, to sweat and battle and develop without humiliation, or dread of "losing", is psychological to manufacturing a way to a more advantageous future. Simultaneously, understudies likewise get the opportunity to encounter the unimaginable quality and capability of

their bodies, regardless of the amount they gauge or what they look like. (What's more, past weight or wellbeing status, what number of other kids and youngsters experience the ill effects of weaknesses they could utilize a break from?) Yoga cuts out the space for these youngsters to become more acquainted with themselves, and far superior, to adore themselves, just as to acknowledge and regard the various structures and states of their companions.

Getting yoga consolidated into the P.E. educational modules doesn't need to overwhelm, particularly on the grounds that Yoga Ed. fortifies the National Standards for Physical Education and Health that are as of now set up, in the United States and abroad. Yoga doesn't topple the present framework, it just offers a new point of view on how understudies can improve their very own wellness and experience practice in another manner.

Conclusion

Yoga offers new learning possibilities to a wider group of students than traditional sports or fitness curriculum, making it a valuable addition to any educational program. Additionally, adding yoga to a school's curriculum will help provide a quality physical education program as modification of traditional physical education yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their game. It offers children and adults an opportunity to experience success in physical activity, which can help build a foundation of strong of life. However, curriculum specialists, teachers, trainers and students should know and analyze seriously the real challenges of yoga education in classroom settings and real life as well

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