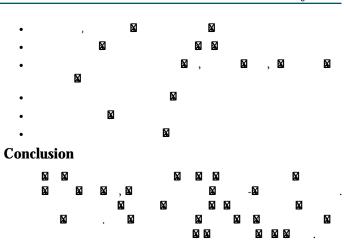
Introduction

			X							,
		X	X	_	,	_	;		,	,
Μ,		,		, 🛛				X		,
		•				X				
Signi cance of Yoga										
E .	-	X	X		X					
	("	X	X ')		1		(').
• " A	А	А		A C	C A	" 🕱	X		(B	
圈).										
• "	А	А	А	А	А	A " 🛙			X	l
(B 🖬 🖬 🖾).										
Signi cance of physical tness										
	X				-		, 🛛 🖾		X	X
					X					
Physical tness contains two identi ed thoughts										
•	X					X	- 0).		
			`		_					
•			x					X		
).	-							
		,-				-	-			
	X							•		
	, M		, 🖬	м	, M	2 1]			X	
_	X			X	X		N		X	•
Types of yoga										

• A 🛛 🗶 🕅

•

Citation: Prabhakaran M, Shashi Kumar S (2013) The Need of Yoga on Physical Fitness. 2: 729 doi: 10.4172/scientifcreports.729



References

 Moorthy AM (2006) Yoga therapy. National Seminar on "Research Trends In Physical and Alternate Therapies".

2.

Page 2 of 2