

Introduction

Yoga is a holistic system of life, which aims at the attainment of the highest state of consciousness, known as Moksha or liberation. It is a way of life, which is based on the principles of Karma, Dharma, and Ahimsa. It is a system of physical, mental, and spiritual disciplines, which help in the purification of the mind and the attainment of the highest state of consciousness.

Significance of Yoga

- It is a holistic system of life, which aims at the attainment of the highest state of consciousness, known as Moksha or liberation.
- It is a way of life, which is based on the principles of Karma, Dharma, and Ahimsa.
- It is a system of physical, mental, and spiritual disciplines, which help in the purification of the mind and the attainment of the highest state of consciousness.

Significance of physical fitness

Physical fitness is a state of health and well-being, which is achieved through regular physical activity and a healthy diet. It is a state of health, which is characterized by the ability to perform physical activities without undue fatigue or discomfort.

Physical fitness contains two identified thoughts

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Types of yoga

- Ashtanga Yoga
- Hatha Yoga

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Conclusion

References

1. Moorthy AM (2006) Yoga therapy. National Seminar on "Research Trends In Physical and Alternate Therapies".
- 2.