



Yoga Is A Way Of Life For Sports Excellency

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Abstract

Yoga is a Science of Body, Mind, Consciousness and Soul. It is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

Even today athletes spent hours practicing and improving their performance. Every day records are set and the bar is raised. Every new record set means more stress on the athletes to achieve the top spot or maintain their position there. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath, pausing motionless in each position and always with full concentration. Pole-vaulters, sprints, javelin-throwers and all others are always at a risk of sustaining injuries that might hamper their performance. So how does one keep raising the bar and keep away from the pitfalls.

Keywords

Yoga, Daily life, Sports, Physical health, Social, Spiritual health, Skillful, Spiritual aspects, Strength

Introduction

Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships.

Yoga exercises have a holistic effect and bring body, mind, 7 consciousness and soul into balance. The main goals of "Yoga in Daily Life" are Physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the Divine within us. These goals are attained by Love and help for all living beings, Respect for life, protection of nature and the environment. It is a spiritual journey to self-discovery and to the present moment and it is the only moment that truly exists. It cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's action. Finally we can say yoga means union, the union of body with consciousness and consciousness with the soul.

Benefits

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in flexibility, muscle strength and body tone. Working on a regular basis with Sport-Specific Yoga corrects postural imbalance improves functional mobility and stability, breathing and focus.

As a Yoga Sports Coach I tailor programs to an individual athlete's needs. To maximize performance I will assess the individual biomechanics, and then look at the demands of the specific sport, before developing the right Sport-Specific Yoga techniques and program.

Yoga originated and gave us valuable, practical instructions for the body, breath, concentration, relaxation and meditation.

Importance of yoga in daily life

The main goals of Yoga in Daily Life are:

- Physical Health
- Mental Health
- Social Health
- Self-Realisation or realisation of the Divine within us

Yoga as sports science

Yoga Sports Science is using the science as a system to study the body and how to use specific techniques to enhance the natural ability to perform at its maximum level. The spiritual component of yoga is your understanding of realization of the creative energy within you. If we are able to manage our kind, then we are able to develop out consciousness so that the creativity of life comes forth in all its glory.

Practice of yoga in Daily life in sports excellence

Through the practice of yoga, elite athletes and weekend warriors alike can benefit from this type of balance. This is especially true when athletes have pushed their bodies to the max, resulting in weakness or injury. Yoga can restore a weakened body and build it back up. Athletes in all sports are finding that yogic conditioning not only elongates tight, shortened, fatigued muscles but also brings calmness and clarity to the mind. Some athletes begin the practice to rehabilitate an injury and to gain more flexibility, stability and strength.

Embodying the spiritual in everyday life. Yoga is about connecting and uniting with the sacred or divine. Daily meditation and yoga helps us expand ourselves and embody spirit. Practicing to live and living to practice. Our dedication is paramount for any realization of yoga. Practicing the asanas supports us in experiencing wholeness through integration of body, mind, and spirit.

Love all, serve all. Love is an expression of the divine. To experience love and share love through service or helping others is perhaps the most direct path to experiencing yoga, Living in harmony brings us closer to spirit.

Yoga for spiritual health

Spiritual Development means self-awareness, contentment, self-acceptance, self regards, self-actualization, etc. Spiritual development takes place in the form of habits, values and ethics. Dhyana is just like a panacea and powerful tool for spiritual growth and development. Practicing of Yama, Niyama and Meditation are beneficial for spiritual growth. Self enhancement can also be done through Ashtanga Yoga. Thus, incorporating Yoga in everyone's daily routine can unleash holistic and integrated personality.

Self Realization

Yoga is a powerful, internal experience, which integrates the body, the senses, the mind, and the intelligence, with the self. Yoga is a system where every person can realize his or her full potential.

Conclusion

Yoga is a subject which can be looked at intellectually and some useful and beneficial ideas imbibed. The purpose of yoga is to create harmony in the physical, vital, mental, psychological and spiritual aspects of the human being.

We should convert life into yoga, so that we may ensure success in all the fields of activity and we enjoy the happiness and peace.

The practice of Yoga helps to eliminate the ailments, and disciplines the mind, emotions, intellect, and physical self.

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