

The diploma thesis surveys the school age children's personality with attention deficit disorder, yoga and its exercise, relaxation techniques and its positive affect on them. The work shows yoga postures' detailed description, sun salutation and the whole lecture. The aim was to bring in yoga exercise to reduce ADHD symptoms and to find out how can regular yoga exercise affect school behavior and self-perceived stress level. By this experiment was used data analysis and presence observing as the survey methods. The current study found that regular yoga exercise at school has slight change in the participants' ADHD symptoms and school behavior. The current study found no change in the participants' self-perceived stress level. Participants viewed yoga as both physical activity and relaxation.