

## **Abstract**

**Title:** Possibilities of using yoga exercises in sport shooting.

**Objectives:** The aim of this work is to assess and confirm the possibility of using selected yoga systems in sport shooting.

**Methods:** The methods used in writing this theoretical bachelor's thesis are these: searching for available scholarly publications, periodicals, Internet resources, searching and retrieval of these sources and subsequent compilation of said sources.

**Results:** An overall overview of the sports shooters preparation and the recommended methods of yoga in this preparation.

**Keywords:** Yoga, stress, sport shooting