

## **Bibliographical record**

TRDLOVÁ, Adéla. *Attitude of professional yoga practitioners to the risk of injury in yoga classes*. Prague: Charles University, 2nd Faculty of Medicine, Department of Rehabilitation and Sports Medicine, 2022. 73 pp., 4 att. Thesis supervisor Mgr. et Mgr. Klára Novotná, Ph.D.

## **Abstract**

This bachelor's thesis deals with the subject of yoga. The theoretical part contains basic information and concepts for a closer understanding of the topic and describes the effects of practicing yoga on the organism. The possibilities of using yoga in therapy and rehabilitation are presented through specific studies. The theoretical part contains possible side effects or injuries that may be encountered during yoga practice and also includes prevention of these side effects and injuries. The purpose of the practical part is to find out how professional yoga instructors deal with the health aspects of their clients' exercises and whether they have experience with injury in their yoga classes. The results are based on data collected from a questionnaire survey which was filled by 106 yoga instructors. A total of 12 (11,3 %) of the participants reported that have experienced a yoga-related injury in their classes. There was no increase in the incidence of injuries in yoga classes among instructors who do not inform themselves about the health condition of their clients. Reverse positions were identified as the most risky in terms of injury. Specifically, the head stand (salamba sirsasana) was identified by professional yoga instructors as the most risky position in terms of possible injury. Warnings for whom the asana is not suitable and so is not practiced by everyone and performing training exercises before risky positions are the most frequently preventions of possible injury when performing risk positions.

## **Keywords**

yoga, injury, yoga instructor, yoga in therapy, health benefits, exercise