

Abstract

Name of the thesis: Yoga-anti stress system

Goals of the thesis: Today's hasty time brings lots of negative impact on humans. People are always busy having no time for themselves especially for their body and mind. The goal of this thesis is to prove a positive impact of yoga exercise on human body and mind. Other impact involves stress elimination. By the help of this thesis I would like to demonstrate that an everyday yoga implementation can lead to a total anti stress and relaxing way of life without any stress response.

Methods: The thesis is based on a specific yoga exercise targeted at body and mind stress elimination. This exercise was done by pre-determined groups of different-age yoga gymnasts (either beginners or intermediate ones). The beginners were examined with the help of interviews, observation or questionnaires in a given time span (6 months). At the beginning of the research a form was filled in with appropriate data and after six months the process was replayed. Afterwards, on grounds of given data proper changes in questionnaire points have been analysed. Other interviewees undergoing the research comprised yoga non-practising individuals, intermediate yoga gymnasts and advanced individuals. The research of these groups was based on a comparison method (condition before the start of taking yoga exercise and after a given time span). Moreover, the group data were mutually compared. Additionally, the information essential for the research was drawn upon specialized literature and 80 yoga non-practising individuals, 80 yoga beginners, 80 intermediates and 80 advanced gymnasts from different yoga and sport centres were examined.

Results: The research dedicated to all yoga gymnasts, instructors as well as other individuals efficiently reveals positive influence of yoga exercise on human psyche connected with stress elimination of today's hasty life. Among others some affirmative impacts on locomotive organs, increased sleeping quality and meal planning have been noticed.

Keywords: yoga, stress, breath, locomotive organs, regeneration, nutrition, sleep