

## **Abstract**

**Title:** The influence of breathing and relaxation exercises on perceptions of stress among women regularly exercising power yoga

**Objectives:** The aim of the practical part is through research to verify the influence of yogic breathing and relaxation exercises to affective states and respiration amplitude.

**Methods:** In 10 probands (mean age 37.6) were evaluated the effect of the intervention of breathing and relaxation exercises to affective states and respiration amplitude. The thesis is quasiexperiment character. This is a mixed research. Methods of investigation were POMS questionnaire, measuring chest and participatory observation.

**Results:** The results of this study confirm the influence of yoga breathing exercises on the perception of affective disorder and the impact of these methods to increase breathing amplitude. After 10 weeks intervention breathing exercise occurred in 5 of 8 probands to reduce the perception of affective states. It was confirmed that after 10-week intervention breathing exercise will increase breathing amplitude. The increase occurred in all 8 probands.

**Keywords:** yoga, yoga relaxation, breath, pranayama, stress, POMS