

Abstract

Title: Pedagogy of yoga with regard to population health: a focus on rotational positions and their contribution to physiotherapy.

Objectives: The aim of the thesis is to briefly summarize the general knowledge of the positive influence of yoga on the human musculoskeletal apparatus, and then to focus on the description of the rotation movements, considering both terms of yoga practice and the anatomical-kinesiological (physiotherapeutic) point of view. Three selected yoga positions will be examined; Bharadvājāsana, Marīčjāsana and Parivṛtta trikonasana, based on literature dealing with the practice of yoga asanas. In the practical section, the discrepancies between theory and practice will be evaluated, as well as the quality of yoga provided during the lessons in relation to population health. These discrepancies will be assessed from the perspective of a physiotherapist.

Methods: It is a descriptive theoretical-empirical type of research. The methods used to collect data were – search research, observation, interview.

Results: Discrepancies between the theoretical description in the literature and practice have been present. It was also confirmed that the rotational positions were part of all the attended yoga lessons. The assumption that the lecturers know the health of their trainees has not been confirmed. Thirteen lecturers out of twenty were familiar with the current health status of practicing people. Only three of twenty yoga instructors had health education.

Keywords: yoga, rotation position (rotation asanas), spine rotation