

# An Analysis of Yoga's Value in the Context of Sports and Physical Education

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**Abstract:** Working with the body to promote healthy attitudes and actions is emphasized heavily in yoga, one of the Indian spiritual traditions. Yoga also contributes to the preservation of mental and physical equilibrium. However, it seems that a decline in the practice, especially among athletes, has been attributed to a lack of awareness about the advantages of yoga for athletes. Thus, athletes, PE students, teachers, yoga practitioners, health professionals, and those interested in studying yoga are the target audience for this narrative review. The advantages of yoga for physical education and sports are discussed in this review, which also reveals a lower connection between the yoga and sports systems. The whole of the material for this article was obtained by doing searches using keywords such as "yoga," "physical education," "asana," and "sports." Numerous beneficial yoga components impact athletic performance, and these important features are explained with pertinent facts. The findings of the review study all highlight the benefits of yoga for physical education and sports, and they also underscore the need for a more thorough comprehension of the yoga system in relation to health, PE, and sports education.

**Keywords:** Physical education, Sports, Athletic Injuries

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