

# An Analysis of the Benefits of Yoga in Physical Education and its Impact on Sports Performance

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**Abstract:** *Yoga, an Indian spiritual practice, emphasises using the body to generate healthy ideas and actions. Additionally, yoga balances our physical and mental health. Due to a lack of information about yoga's effects in sports, sportsmen and women have practiced less yoga. Thus, this narrative review is for athletes, physical education students, instructors, yoga students, health professionals, and yoga enthusiasts. This study shows a close association between yoga and sports and discusses yoga's benefits in physical education and sports. All material in this post was found using "yoga", "physical education", "asana" and "sports" search phrases. Evidence supports certain yoga characteristics that improve athletic performance. All of the results in this review study emphasise the relevance of yoga in physical education and sports and call for particular consideration of the yoga system in health, physical, and sports education.*

**Keywords:** Yoga, Asana, Sports, Athletic Injuries.