

## Introduction

Yoga is a holistic system of life, which aims at the attainment of the highest state of consciousness, known as Samadhi. It is a science of the mind and body, which seeks to bring about a harmonious relationship between the two. The practice of yoga involves the control of the mind and the body, and the cultivation of a state of inner peace and tranquility. The ultimate goal of yoga is to achieve a state of union with the divine, where the individual soul is merged with the universal soul.

## Significance of Yoga

- It is a holistic system of life, which aims at the attainment of the highest state of consciousness, known as Samadhi. ("Yoga is a science of the mind and body")
- "A person who practices yoga regularly will be able to control his mind and body." (B.K.S. Iyengar)
- "Yoga is a science of the mind and body, which seeks to bring about a harmonious relationship between the two." (B.K.S. Iyengar)

## Significance of physical fitness

Physical fitness is a state of well-being, which enables a person to perform his daily activities with ease and efficiency. It is a state of health and vitality, which is essential for a long and happy life. The practice of yoga is a great way to improve physical fitness, as it involves the control of the mind and the body, and the cultivation of a state of inner peace and tranquility.

## Physical fitness contains two identified thoughts

- It is a state of well-being, which enables a person to perform his daily activities with ease and efficiency. (Physical fitness is a state of health and vitality)
  - "Physical fitness is a state of well-being, which enables a person to perform his daily activities with ease and efficiency." (B.K.S. Iyengar)
- Physical fitness is a state of well-being, which enables a person to perform his daily activities with ease and efficiency. It is a state of health and vitality, which is essential for a long and happy life. The practice of yoga is a great way to improve physical fitness, as it involves the control of the mind and the body, and the cultivation of a state of inner peace and tranquility.

## Types of yoga

- Ashtanga yoga
- Hatha yoga

- ,
- 
- 
- 
- 
- 

### Conclusion

### References

1. Moorthy AM (2006) Yoga therapy. National Seminar on "Research Trends In Physical and Alternate Therapies".
- 2.