

Abstract

Diploma thesis "Yoga as a tool for the conscious body from the perspective of the phenomenological concept of corporeality" deals with corporeality, the phenomenology of the body and yoga as a tool for finding the harmony of the conscious body. The introduction of the thesis explains the importance of this topic from the perspective of the society-wide concept and also explains the motivation of the author to its processing.

The historical background dealing with the Cartesian conception of the body based on Descartes' dualism was described in the theoretical part. The next chapter in the theoretical part was devoted to the comparison of concepts from Cartesian and yoga meditation, and description of the phenomenology of corporeality in Merleau-Ponty. The chapters dealing with the issue of increasing psychic tension in children and youth and the resulting need to deal with the care of the soul were emphasized. The importance of yoga as a meaning of restoring stability was explained in a separate chapter. Individual types of asanas and their effect on the human body were described there as well.

The effects of yoga on health in selected research publications were discussed in the practical part along with foreign researches by contemporary scientists and researchers from the ranks of psychologists, doctors, and educators. At the end of the work, based on the findings, author's recommendation was made.

The aim of the author's work was to find out and try to prove that yoga is not only an excellent physical exercise but that it can be used by children and youth to calm the mind and harmonize in everyday life.

Keywords

Body, movement, soul, corporeality, body phenomenology, human, children, youth, pupils, upbringing, education, yoga, meditation.

