

Abstract

This bachelor thesis focuses on the influence of yoga on the subjectively perceived health status of practitioners.

The theoretical part briefly describes the system of yoga, including its history, the most commonly practiced styles and the eight limbs of yoga.

In addition, the theoretical part contains a description of the effects of yoga on the organism of healthy individuals, but also its use in various diagnoses. I also focused on the risks of practicing yoga, including various injuries or pain. Furthermore, I briefly described the possibility of using yoga in physiotherapy and the recommendations for practicing yoga from the perspective of a physiotherapist.

In the practical part I processed the results of the questionnaire survey.

The effect of practicing yoga on health status was described as positive, however, if the approach is correctly chosen and sufficiently individual. If these recommendations are followed and the yoga is practiced under qualified supervision or after proper training, there may be no adverse effects for practitioners.