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ATHLETES' PERFORMANCE WITH YOGA AND ASSOCIATED EXERCISES

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ABSTRACT

Yoga offers many mental and physical advantages to athletes. It may also assist in reducing tension, promoting relaxation, and promoting restful sleep. Athletes who are prone to overexertion may benefit from these features. Yoga provides many advantages to athletes, including improved flexibility and mental toughness. Here you'll find out more about yoga's benefits for athletes, how to create a regimen, and why you should work with a yoga expert. Benefits As your flexibility, balance, and coordination improve as a result of yoga, you'll be more productive. There's a tonne of evidence to back up the effectiveness of yoga for athletes. Check out some of the most recent findings in this area of study. According to a short research conducted in 2016 According to a reliable source, 26 male college players' performance improved after practising yoga. When compared to the 12 athletes who did not practise yoga, the 14 who did it twice a week improved their balance and flexibility significantly. In sports requiring balance and flexibility, yoga may help you perform better. Through awareness of your body, breath, and the present moment, yoga may help you build mindfulness. This may help you focus more during physical exercise.

KEYWORDS: *Athletes Performance, Sports in India, Yoga in Sports*

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