

Blending Yoga with Modern Sports Science - Ancient Wisdom, Modern Performance: A Review

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ABSTRACT

Yoga is an ancient Indian discipline that focusses on body, mind, and spirit harmony. In contrast, modern sports science optimises athletic performance by utilising psychology, physiology, and biomechanics. A comprehensive model for improving physical fitness, recuperation, and mental health is offered by combining these two strategies. The relationship between yoga and sports science in modern athletic training is examined in this abstract. This review aimed to evaluate the role of yoga when blended with modern sports science in improving physical performance, psychological resilience, and rehabilitation outcomes in athletes. Databases like PubMed, Scopus, and Google Scholar were used to review pertinent research published between 2015 and 2024. Yoga interventions in athletic or physically active populations were the subject of reviews, experimental studies, and randomised controlled trials. Flexibility, strength, endurance, mental focus, cardiorespiratory efficiency, and recovery speed were among the outcomes that were examined.

Several advantages of integration were identified by the analysis-

- *Flexibility & Injury Prevention:* Yoga poses improved joint mobility and decreased strain on the musculoskeletal system.

- *Breathing Efficiency & Endurance:* Pranayama increased stamina and lung function.
- *Mental Focus & Stress Reduction:* Meditation techniques helped people perform at their best under pressure, reduced anxiety, and improved concentration.
- *Recovery & Rehabilitation:* Yoga reduced delayed muscle soreness, enhanced balance, and sped up post-exercise recovery.
- *Performance Improvement:* Yoga resulted in quantifiable gains in agility, posture, and coordination when paired with sports science concepts like strength training and biomechanics.

Yoga's integration with modern sports science provides an evidence-based, culturally grounded, and long-lasting approach to athlete development. It supports both elite and grassroots sports by boosting mental and physical capabilities. In the context of contemporary athletics, this hybrid approach offers a progressive model for comprehensive training and recovery.

Keywords: Athletic performance, Flexibility, Endurance, Mind-body integration, Rehabilitation

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