

Editorial on Yoga and Physiotherapy Sandhya Kille*

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Editorial

The "Yoga in Daily Life" method has provided westerners with the ability to experience Yoga in its purest form. I have less concerns about incorporating Yoga into our western culture the longer I practice "Yoga in Everyday Life." Yoga, and by that I mean "Yoga in Daily Life," offers a path to health and harmony. Yoga exercises bring about a sense of harmony on all levels: physical, emotional, and social. Perfect balance equates to perfect health, and any approach or science that seeks to accomplish this objective is in line with the Yoga philosophy.

"These days, I devote time to doing the exercises and have gained a better understanding of my body. As a result, I was often able to become aware of excessive stress and actively release it."

In "Yoga in Daily Life," the Importance of Relaxation

In Yoga, the ability to relax is just as important as the proper implementation of the physical exercises. A brief period of relaxation precedes and follows each exercise session. Between the drills, there is a short period of relaxation.

The deeper meaning of relaxation lies in the fact that it helps the body to adapt to the Yoga exercise in a timely manner.

The practitioner will actively follow the exercise's balancing effects and gain a fine understanding of the body's functions.

Yoga exercises should always be performed in accordance with the breath and with a high degree of concentration. This will have a holistic impact on the body, mind, and consciousness.

Since beginning to practice the method "Yoga in Daily Life," I've

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put a greater emphasis in my therapy on relaxation, breathing, and conscious movement efficiency. I've learned firsthand how important these three factors are for restoring physical and mental balance, as well as the significant role they play in our overall health. The therapeutic application of "Yoga in Daily Life" in many areas of health has become ever clearer to me as I continue to meet patients who present with a great variety of disorders. In the process, I have learned to constantly re-assess the full value and immense benefits of this system.

Yoga in Daily Life is a full and holistic wellness system in and of itself. The outcomes in my own experience confirm that the results extend far beyond the physical world. That is why I advocate for the use of this device to improve the lives of all health-conscious and to the people.