Abstract

Nowadays people are more oriented towards their health and fitness and yoga has been serving their purpose in a positive way. Yoga is a type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing and to relax your mind. The technology has also evolved to the extent that people find every solution for their issues using the technology. It makes the life of people easier. This paper gives an overview of how yoga and technology can be brought together so that it helps the folks to choose the appropriate techniques of yoga to overcome their health issues.

References

1. Huang Zhaoyuan, “Research into Yoga’s Promoting Functions for Men’s Health”, International Conference on Human Health and Biomedical Engineering, Jilin, China, August 2011, pp 19-22
A Review on Analysis of Effect of Yoga and Meditation using Current Technology

Yoga”, IEEE, 2010


Index Terms

Computer Science  Information Sciences

Keywords

Cognitive neuroscience, Meditation analysis, EEG analysis