**A PROJECT REPORT ON PATH TO YOGA LIFE**



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Path to yoga life

CHAPTER 1:History and benefits of yoga:

The "Yoga Sutra," a 2,000-year-old treatise on yogic philosophy by the Indian sage Patanjali, is a guidebook on how to master the mind, control the emotions, and grow spiritually. The Yoga Sutra is the earliest written record of yoga and one of the oldest texts in existence and provides the framework for all modern yoga.

Yoga is well known for its postures and poses, but they were not a key part of original yoga traditions in India. Fitness was not a primary goal. Practitioners and followers of yogic tradition focused instead on other practices, such as expanding spiritual energy using breathing methods and mental focus.

**Benefits of yoga include:**

* increased flexibility
* increased muscle strength and tone
* improved respiration, energy and vitality
* maintaining a balanced metabolism
* weight reduction
* cardio and circulatory health
* improved athletic performance
* protection from injury

Chapter 2: Problem space and solution

Problem space:

* In this technological world every person is dealing with stress and other mental illness. So, it is necessary to free from those tensions, The best way to revive from stress is doing yoga and meditation.
* Lack of awareness about yoga.
* Time management.

Solution:

* We provide a way to get familiar with yoga.
* We provide home tutors.
* Our website path to yoga life helps them to schedule their classes based on their availability.
* Our website gives more information about yoga.

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CHAPTER 3: TECHNOLOGIES USED

* HTML
* CSS
* XAMPP SERVER
* PHP

**REFERENCES:**

**W3schools**