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Yoga for holistic wellbeing

Chauhan, Amrish Kumar

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Yoga for holistic wellbeing

Amrish Kumar Chauhan
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Amrish Kumar Chauhan

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The purpose of this Master's thesis is to acquire the knowledge of the experiences of yoga on holistic wellbeing among the yoga practitioners. The research study was done by planning, implementing and assessing the interviews by the qualitative action research methods, specifically the inductive content analysis. The interviews were implemented through the various stages of yoga sessions.

The objective of this research is to study the experiences of the yoga practitioners on their holistic wellbeing after starting of the yoga as part of their health and wellbeing. The research was conducted as a qualitative study and by means of the semi structured interviews of the participants in group as well as an individual. The method of analysis in this study was the inductive content analysis.

The participants of the project were the yoga practitioners in the yoga centre, the yoga trainers, the teachers, the interviewers and the researcher of this study. This project was an action based project and the implementation was planned and executed from the data gathered from the semi structured interviews and the questionnaires from this research.

The participants' experiences were overall positive, which were mentioned by the participants during interviews. Stating this, it must be emphasized that the experiences of the participants, over their holistic wellbeing was positive and improved after introducing the yoga practice in their daily routine.

The participants of this study had diverse backgrounds of how their health and wellbeing had been formed, how their life have benefited by yoga in their overall holistic wellbeing and how they have experienced the practicing of yoga.

Keywords: Yoga, health, wellbeing, health promotion, holistic health, holistic wellbeing, spirituality,

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1 Introduction

The idea of the wellbeing is for the entire person, it is not just their physical body, Florence Nightingale encouraged the holistic care by recognizing the importance of the environment, touch, light, scents, music and the silent reflection in the therapy process (Erickson, 2007).

The study has found in the western lifestyle as well as eastern lifestyle, the stress on the human being from the working life to the relationship and everything else involved in their everyday life, has contributed to the depression and addiction (McCusker, J. 1995). In the promotion of the health and wellbeing, more than one perspective can be assumed. Holistic health is defined by the World Health Organization (WHO, 2005, p. 2) as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

The purpose of this study is to explore the experiences of the yoga practitioners on their holistic wellbeing after starting of the yoga as part of their health and wellbeing. This study will spread some lights on the few questions like either the yoga helps in achieving the holistic wellbeing. This practice recognizes the totality of the human being -the interconnectedness of body, mind, emotion, spirit, social/cultural relationship, context and the environment (Thornton, 2008).

The literature review from the previous research has shown that the yoga has positive effects on the overall health (holistic) and wellbeing, yoga has also benefits holistically in the person's life (Zeltzer, 2009). According to Atkinson and Permuth-Levine (2009), Yoga helps in the health maintenance, weight loss and health promotion. Atkinson and Permuth found yoga is a mind-body exercise practiced by nearly 16 million US adults. The clinical yoga research has yielded a promising findings in the physical and mental health outcomes. Atkinson suggested that many research has showed that people benefits from yoga at a deeper level, what they desire as a personal wellness and a self-acceptance, a mindfulness, and a non-competitive spirit (Atkinson, N., & Permuth-Levine, R. 2009). Research has also shown that practicing yoga as an alternative way to control, reduce or even prevent diseases and many other risk factors associated with diseases (Evans S, Sternlieb B, Tsao JC, Zeltzer, 2009).

The qualitative action research method was chosen in this research study. All participants' interviews were semi structured. The interviews were conducted from the theme of holistic wellbeing, the data were collected and carefully analysed according to the methods mentioned by David 2003, Satu Elo & Helvi Kyngäss 2007. The results were compared with previ-

ous research and literature. The discussion part shades the light on the prospect of the yoga for holistic wellbeing.

The qualitative research was done by constructing semi-structured interviews for the participants of the yoga classes at 3 different locations.

2 Theoretical Background

2.1 Yoga

"Yoga" is an Indian word from the Sanskrit language, it literally means the combined, union, unity, bond, harmony among one's body, mind and a spirit. The goal of yoga is to achieve and maintain a harmony between three elements of human being: the physical, mental and the spiritual (Erickson, 2007).

It is believed that the Yoga originated thousands of years ago in India. It is claimed as the tools and techniques for exercising the mind, or in other words mindful exercise for the brain and a soul, just the way we exercise the body, it is awareness of a body and a mind (Bock & Wapenaar, 2010; Erickson, 2007). Yoga is not merely the poses done with a physical body, as it is understood in the western part of the world, but it is a lifestyle and a philosophy of the body, mind and the soul, all together. Yoga is a practice for the life time and it has no finish line or goals which needs to be achieved, or measured by any means and tools (Iyengar 2002). According to Mehta and Sharma, it's a complex system of a spiritual, moral and bodily practice geared towards the reaching of 'self-awareness' (Mehta & Sharma. 2010). There is no concrete definition of the yoga, but to put it in the perspective by definition, yoga is believed to be as improvisation to control the basic five senses along with eliminating or minimizing the mental activities and the thought process, eventually reaching a clear state of mind (Mehta & Sharma, 2010). There are many different theories and practices taught by different yoga schools, such as, Silver Yoga, Sahaj Yoga, Siddha Samadhi, Iyengar Yoga, Hatha Yoga, Asthanga Yoga, Pitanjali Yoga and Kriya Yoga. Even though they all are different slightly from each other, the main principle taught in almost all the schools are the three main philosophical practice is to do the meditation practice (Dhyana), the poses practice (Asanas) and the breathing practice (Pranayama) in order to maintain, promote as well as restoring the health of a mind, body and the soul (Mehta & Sharma, 2010). The asanas or the poses of the body consists of bending, twisting, standing and balancing the whole body on feet, hands and the head some times. The idea is to preserve or improve the flexibility in muscles, the joints and also strengthening the muscles and the body as a whole. The meditation element is believed to be silencing the thought process, calming the mind and achieve the peaceful state of brain with decreased brain activity (Riley, 2004).

The information and the knowledge about the yoga is believed to be a method of different exercise as a broader concept of achieving the harmony between the body, mind and the soul. To understand this process and how the mechanism works, one must differentiate between the purely physical exercises in the gym by merely lifting the weights. The western physiological concept explains the autonomic nervous system's decreased activity and somatosensory as well as the reduction in autonomic nervous system activity, as achieving relaxation (Riley, 2004). Yoga is considered to be a mental, physical as well as a spiritual practice, depending on what kind of the yoga is practiced. Further in depth understanding of the effects of the yoga maybe be found by the understanding what is the mechanism and process of the mindfulness is and how it works. Yoga in other words could be compared with a mindfulness, the meditative or to say contemplative practice as well as an emphasis on focused attention on the inner self by controlled breathing and relaxation. Mindfulness based therapies and practices are already proven scientifically. Two of these are mindfulness based stress reduction therapy (Grossman, Niemann, Schmidt, & Walach, 2004) and mindfulness based cognitive therapy (Ma & Teasdale, 2004). There are three basic concept of the mindfulness, which are will, focus and an attitude. Intention can be used to improve a self-regulation and a self-exploration. Attitude is the way someone focuses the experiences with in his environment. The combined effect of this triad leads to the process of perceiving of self-emotions and the thoughts. This creates space and has a transforming effect on health and behaviour (Shapiro, Carlson, Astin and Freedman, 2006). Yoga may be considered in the similar aspects like a meditation and focus on mental-physical and breathing while performing the asanas (poses).

Because of the yoga's probable positive effects on (emotional) health, it has attracted attention of the medical community to explore its effects on (emotional) health by more and more research. Health is not a stroke of luck and neither is it a miracle (Chandra, 2001). While genetics shape health, it can be maintained or improved by many factors that may be affecting it, for example the nutrition, eliminating stress, physical conditioning by exercises. Yoga-based interventions might also prove to be an appealing alternative for improving the emotional health (Pilkington et al., 2005).

As mentioned by Fuchs (1990) Yoga in Sanskrit word means union, connection, and harmony. The unity of the human soul with the absolute spirit or the deity of the individual consciousness with the cosmic mind. Harmony complete physical and spiritual health of human beauty (Gode & Karve. 1979). The set of methods that contribute to the creation of a unified, whole person, the harmony among three elements physical, mental, emotional, or mental, and spiritual. According to Iyengar, 2002, Yoga aims at a harmony that is achieved in various methods of:

1. Kriya Yoga: the moral and the ethical aspect of yoga, which involves the internal and an external purification, the rejection of the bad and the development of a good, moral education, ethics and the conscience of a man. the Discipline morality.
2. Hatha Yoga: ha - the sun (masculine), Tha - moon (feminine), a dynamic unity of these principles, which is achieved through the exercise (asana), breathing exercises (pranayama), cleansing agents to eliminate the bad chemicals from the body.
3. Raja Yoga: yoga regal. The discipline of the mind, the psyche and consciousness.
4. Karma Yoga: comprehension of excellence through work and action, improvement of the fate (karma) conscientious fulfilment of his mission without requiring the award.
5. Gyan Yoga: excellence through knowledge. Painstaking study of all that contributes to the acquisition of wisdom and spiritual development.
6. Bhakti Yoga: love and devotion to higher ideals.
7. Laya Yoga: Yoga Space. Using the rhythms and vibrations of the cosmos.
8. Mantra Yoga: the use of sound vibrations produced by various casting (strictly defined) vowels, syllables and words. (Feuerstein 1989, Iyengar 2002, Sinh 2006, Michel & Deussen 2006, Thirumoolar & Govindan 1993, Shearer 2002)

Rig Veda (2500 BC) understand yoga as a set of laws of social, moral and ecological society. According to Michel et al (2006) & Shearer (2002), Patanjali at the turn of a new era formulated eightfold path of yoga:

1. Refusal of the bad and harmful (pit).
2. Adoption of the good and useful (niyama).
3. Finding the appropriate pose (asana).
4. Limitation of the vital energy (pranayama).
5. The control over his senses, eliminating dependence on the senses (pratyahara).
6. Concentration (dharana).
7. Contemplation problems or meditation (dhyana).
8. Self-realization. A state of complete understanding of the essence of the problem and its resolution, the merger with the Absolute, a state of trance (samadhi).

The education of health means: give up the bad and harmful, take good and healthy, learn to take proper stable position, carefully use the vital energy, gaining independence from their feelings, while you can focus on the actual problem, to understand its essence and through merging with the Absolute to develop a new form of adaptive behaviour, resolving the problem (Chopra 2012). The solution is accompanied by a state of samadhi, or nirvana, the characteristics of which are pleasant with a touch of peace and tranquillity, a sense of oneness with the environment, intransitivity sensations, changes in spatial and temporal relations, paradoxical (acceptance of things that seem unusual ordinary consciousness), Aggravated perception of reality and meaning event (Iyengar 2002).

It can be seen that the traditional health systems share a common principle: a person existing inside even unconscious, the problems are solved by strictly defined actions aimed at increasing the information available (Iyengar 2002).

2.1.1 Dhyana (meditation)

Dhyana literally means focus, concentrate, in the Indian language Sanskrit, but it is more widely known as meditation (Shearer 2002, Michel & Deussen 2006). This is a technique of mastering the art of mind control via entering the trance state of mind. Dhyana - separate, a significant part of yoga, based on meditation practiced to gain power over the mind. Dhyana techniques formed the basis of the teachings of the Chinese school of Chan, Japanese Zen and Vietnami Thien.

Meditation (Dhyana Yoga) directs the flow of thoughts on the selected object, be it a visual image, an abstract concept, or your own breath. Begin to work with meditative contemplation of simple concrete objects, gradually moving to the complex concrete objects and then to the abstract (Shearer 2002, Michel & Deussen 2006). All claims in the mind of thought relating to the object of contemplation, focus, gather together. The object is typed, categorized, compared with other objects. The meditator reflects on the component parts of the object and its relationship to the whole, its functions and qualities. In addition, the practitioner says all the sensations and mental associations that arise when thinking about the object. The meditator disables external thoughts and feelings, aware of the only fact of its existence, and the object, and in the process of merging with the object of meditation.

Technique Dhyana Yoga is described in the sixth chapter of the "Bhagavad Gita", control the mind and senses, controlling the activities of the body and focus the mind with eye opened focusing at one point, the practitioner must cleanse the heart, body, mind and soul from all the contaminated material (Iyengar 2002). Holding the body, neck and head in line, the practitioner must focus on the tip of the nose. Calm the mind and try to control the thoughts from entering into the mind, getting rid of the all thoughts like fear, worries, stress and completely abandoning any other desires, the practitioner tries to see through mind's eye to realize if the activities of his body and mind are synchronized, The practitioner eventually subdues the mind and its power, ending material existence reaches in the state of trance (Chopra 2002).

Dhyana Yoga organizes the thoughts, allows mental concentration and learns quickly how to focus. Lack of thought processes during meditation evokes a feeling of lightness, euphoric, spiritual delight (Iyengar 2002). The purified mind is able to perceive the information in new ways, clearly hear the voice of intuition (Chopra 2012).

2.1.2 Asanas (poses)

There is definite difference between asanas (pose) and exercise. While doing exercise the different parts of body are moving at various speed while asanas are to maintain one pose, posture for certain amount of time with eyes closed and do self-reflect, meditate, focus on breathing. Asanas, as part of the yoga needed to train the body to maintain one pose, in a way to calm the body in one position, when the mind is calm, focused on one thought (Iyengar 2002).

Utilitarian approach: healthy person can easily transfer hours of sitting motionless in meditation. Ability to concentrate on the sensations in muscles facilitates the development of meditative techniques and elongated spine and joints disclosed to equalize the internal energy channels. List of binding asanas "Yoga Sutras" Patanjali is not given, but other sources of lead, such as "Hatha Yoga Pradipika" (dated to 15-16 centuries BC. E.). There asanas are formed in sequence starting with the cycle of Surya Namaskar ("Sun Salutation"), repeated several times. Then follow the standing pose, bending, sitting pose, lying down, inversions and the final savasana (lying motionless).

The Scientific and the medical research and studies has shown that freeing the mind from everyday stress could be achieved by the yoga (Iyengar 2002).

Types of asanas, According to Michel & Deussen 2006): In sitting position: lotus, Vajrasana, Siddhasana, Matsyasana, Vrksasana, semi-Matsyendrasana, Gomukhasana, Pshchimottasana, Brahmocurency, Ustrasana, Gomukhasana (Mehta et al. 1990). Lying on back: Ardhhhasana, Hhasana, Srwanhasana, Vipritkarni pose, Pavanamuktasana, Naucasana, Shavasana (Mehta et al. 1990)..

Lying on stomach: Mkrasana, Dhanurasana, Bhujangasana, Shalabhasana, Naucasana (Mehta et al. 1990).

Standing: Tadasana, Vrksasana, Ardhhchandrasana, Ardhhckrasana, two Bhuj Ktickrasana, Ckrasana Padpshchimottasana etc (Mehta et al. 1990).

2.1.3 Pranayama (breathing)

Pranayama: Prana means life and yama means control, saying this pranayama is a technique of control over breathing with the help of rhythm to improve life (Vedanthan, P., Kesavalu, L. & Murthy, K., et al. 1998). Alternating deep, medium and shallow breathing, actively using delay exhalation and inhalation, as well as directing the breath in certain areas of the body, the practitioner accumulates and redirects the flow of oxygen to the specific vital organs of the body for the desirable gain. All cells in the body (including the brain) during breathing exercises have great amount of oxygen (Vedanthan, P., Kesavalu, L. & Murthy, K., et al. 1998). At the same time calming the mind and relaxing the body generates the feeling of wellbeing. It is important that in the process of development of each subsequent stage of yo-

ga to remember the breathing technique and not to forget, these breathing technique also helps to warm the body to make muscles more flexible and prepares the body for asanas and yoga for more desirable achievement. (Svasaprasvasayo gaticcheda: Pranayama, yosu. 249).

Pranayama are respiratory exercise as mentioned earlier, which is a mean to clear the mind and body from toxins by controlling the breath. According to Ekhart, by practising pranayama regularly, practitioner can supercharge their body whenever required. (Ekhart, 2014)

Why is the breath so critical?

Breath is the life, which is what every living entity does first thing when born and last thing when the life ends. The life does not exist without breath (Zugck, K. 2008).

To put it in a simple way to understand what pranayama is, it is the method of how to manipulate of breath, and is the process through which we recognize the name of the understanding of prana and control it. Breath is a physical aspect or outside manifestation of prana, the important force, and hence pranayama begins with the regulation of the breath. Breath, like electricity, is gross prana, while prana itself is subtle. By way of controlling the breath you may control the prana. Manipulation of breath is completed via manipulation of the lungs and the respiration system (Zugck, K. 2008)..

Pranayama has three aspects: the outside breath, the inner breath and the regular state in between the outside and inner breath. When the breath is exhaled, it is termed as “rechaka”, the first sort of pranayama. When the breath is inhaled, it is termed as “pooraka”. While the holding of breath is termed as “kumbhaka”.

Within the practice of pranayama, rechaka, pooraka and kumbhaka, are controlled by means of directed area, time of hold and numbers of repetition (Yoga Sutras eleven, 50).

The space of the breath

‘space’ refers to whether the breath is internal or external part of the body, the length of the breath, and if the breath is held in some specific part of the body. According to Zugck 2008, Throughout each inhalation and exhalation, the space to which the breath extends inside or outside of the body varies. The ‘area’ or ‘area’ of exhalation lies within 12 angulas of the top of the nostril. This may be measured using a bit of reed or cotton. The place of inhalation degrees from the head right down to the soles of the toes and may be felt thru a sensation similar to the mild electrical sensation. The vicinity of kumbhaka includes the locations of both exhalation and inhalation combined, due to the fact the breath can be retained at either or both of those places (Zugck, K. 2008)..

The time of breath

The period of the inhalation, exhalation or retention is usually counted in matras (about a

second). However right here the 'time' also refers to how long the prana ought to be constant in a particular centre or component. There are 3 varieties of pranayama categorised via duration: adhama or inferior, madhyama or center and uttama or superior. Vachaspati describes them hence, "Measured with the aid of 36 matras, is the primary attempt, udghata, which is mild. Two times that is the second one that is middling. Thrice this is the 1/3, which is extreme. That is the pranayama as measured by means of range." (Zugck, K. 2008).

Adhama pranayama consists of a count number of 12 matras, madhyama includes 24 matras and the uttama occupies a time of 32 matras. This count number is for pooraka in every case. The ratio between pooraka, kumbhaka and rechaka is 1:4:2. So, if you inhale for a period of 12 times, you must maintain kumbhaka for a length of 48 times after which the time for rechaka may be 24 times. This count number is for adhama pranayama, however the equal rule applies to the alternative types (Telles, S. 1996).

Extending the times wishes to be done regularly, first training adhama for a month, then madhyama for three months, and subsequently begin uttama.

Quantity of pranayama

'wide variety' refers to the number of times the pranayama is accomplished, and hence is lengthy or brief in line with the period of time it is practised. Just as water, thrown on a hot pan shrivels upon all sides as it's far being dried up, so also air, transferring in or out ceases its action via a sturdy effort of restraint in kumbhaka, and stays within (Telles, S. 1996).. The yogic student must slowly take the wide variety of pranayamas up to eighty in a single sitting. He must have four sittings: within the morning, noon, nighttime and midnight, and ought to instruction thus 320 pranayamas in all (Yoga Sutras eleven, 50).

2.2 Health

Health is the level of functional or metabolic efficiency of a living organism. In humans it is the ability of individuals or communities to adapt and self-manage when facing physical, mental or social challenges. Health could be defined as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." (WHO, 1948)

The English word "health" comes from the old English word hale, meaning "wholeness, being whole, sound or well,".

During the Ottawa Charter for Health Promotion in 1986, the WHO said that health is: "a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities."

There are two aspects to health, one is the physical health and second one is mental health. Most of the people accept that health can be divided into two broad aspects - physical and mental health (Wills, J. & Naidoo, J. 2000).

2.2.1 Physical health:

According to Chopra (2012), for humans, the physical health means a good bodily health, which could be achieved by a regular physical activity (exercise), good food, diet and nutrition, and an adequate rest with good sleep. It is believed that, if a country, a region or a community experiences improved nutrition, medical facilities, standards of living and quality of life, people's height and weight usually increases (Chopra 2012).

In fact, when asked for a definition of health, majority part of a general population understands as a physical health. A physical health is believed to be anything which concerns our body as physical entities (Iyengar 2002). Another term for physical health is physical wellbeing. A physical wellbeing could be defined by most of the people, as something any person can achieve by maintaining or improving all the health-related components of his/her every day routine. A fitness or an exercise reflects a person's cardiorespiratory endurance, muscular strength, flexibility, and a body composition. Other factors could contribute to the physical wellbeing may include a proper nutrition, bodyweight management (BMI body-mass index), avoiding drugs, alcohol, responsible sexual behaviour (sexual health), hygiene, and having enough sleep (Chopra 2012).

2.2.2 Mental health:

Mental health refers to the people's cognitive and emotional well-being.

A representation of mental health of a person who follows a good mental practice does not have a mental disorder. According to WHO, mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".

There are always counter arguments and debates over the exact definition of a mental health, no amount of academic, scientific or medical definition or the terms could be accepted as the eventual meaning of a mental health and the assessment of the terms, the definition of mental health, still remains a subjective one.

It is very common and easier to define mental illness rather than mental health. Majority of the population agrees that mental health refers to merely "absence of mental illness".

According to some, the definition of a mental health is not enough. Most people also agree that a mental health includes the ability to enjoy life, the ability to bounce back from adversity, the ability to achieve balance (moderation), the ability to be flexible and adapt, the ability to feel safe and secure, and self-actualization (making the best of what you have) (Chopra 2012).

2.3 Health promotion

Health promotion is the process of enabling people to increase control over, and to improve, their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions. (WHO, 2005).

The definition supported by the World Health Organization recognizes that health needs reflect multi-level elements and therefore approaches that target individual, interpersonal, community, environmental and political strategies are required. (WHO 2006). Health promotion is understood as a lifelong process that involves personal growth and fulfilment, physical health and well-being, and self-actualization (Tahmaseb & Riley (2003, 522).

As such, it is a holistic outlook that includes a person's well-being in the physical, mental, spiritual and social realms.

2.4 Holistic Health / wellbeing

The terms "holism" and "holistic" come from "holos" a Greek word meaning all, whole, entire or total. Wellness is the condition of being in optimum health. It is a holistic blend of physical, mental, and spiritual well-being--the result of consciously choosing to live a quality life.

Holistic wellbeing is a way of living once life with philosophy and a practice of methods that combines the perception of being in presence, healing and holism. These perceptions are established on extensive academic foundations that integrates a conscious harmony among art and science, investigative and perceptive skills, and the complex association between body, mind and spirit or in other word body, mind and soul. Holistic medicine isn't differentiating between medicine or treatment methods but is seen rather as a philosophy on perceiving health, illness and a person as a whole.

According to Aristippus of Cyrene (435-356 BC), a student of Socrates who plead that hedonia, the aspirer for happiness or pleasure, is the highest imaginable goal for an individual. This can be related to the modern emotional well-being. In contrast Aristoteles (384-322 BC) stated that not simple pleasure, but eudemonia is more important, which refers to having a 'good' life and doing what is worth doing (Lamers, 2012). According to Aristotles you have good life when you have a developed character, fulfil one's own potential and have virtue in

social movement (Westerhof & Bohlmeijer, 2010). This corresponds with the modern psychological and social well-being. Within the hedonic and eudemonic tradition of research on well-being, three constructs of well-being can be distinguished, emotional well-being, psychological well-being and social well-being (Lamers, 2012). These three components comprise the subjective experience of individuals. Through self-report these constructs can be empirically investigated.

Holistic health addresses the holistic wellbeing of a person. The very first time the holistic approach to health was mentioned in China almost four thousand years ago, in the dynasty of the yellow emperor Huang-Ti. This system of medicine focused on the treatment and prevention of diseases has been based on the use of herbs, acupuncture and massage. The main element of the approach was the Chi Kun, psychophysical system of respiratory and physical exercise, dietary regulations and discipline of the spirit. The main goal of Chi Kun was health promotion and illness was merely considered as an accident due to the loss of inner harmony and balance with the spirit.

In the West, the two most influential approach to health have been codified in ancient Greece. Hippocrates (c. 460- 377 years. BC. E.) Is considered by many the father of the medicine. The method of Hippocrates was strikingly similar to the Chinese that the doctors considered unhealthy people and recognize their natural state of health is in imbalance or out of harmony with own self and nature.

Roots of psychosomatic medicine and holistic health as a practice of modern medicine dates back to the Hippocrates school of medicine (c 460 - c 370 BC), which regards the person as a whole, in cooperation with the outside world and believed that diseases were caused naturally, not because of superstition and gods. Galen (September 129 AD - c. 200/c. 216), a prominent Greek physician further supported the claim of Hippocrates 'bodily humours' theory, differences in human moods come as a consequence of imbalances in one of the four bodily fluids: blood, yellow bile, black bile, and phlegm. The overwhelming influence of the Christian church, led to the ousting of the views of Galen and favoured the concept of Hippocrates. Supporting the theory of Hippocrates seen as confirmation of the church idea of disease as a wrath of God and God's punishment. Only with the advance in medical science and out of curiosity, researchers well allowed to question the theories and study the method of Hippocrates and Galen's. The research and scientific methods, which were formed out of curiosity, has led to a deeper understanding of the human body and its functions (Iyengar 2002). The theory of nature causing health issues was supported only after the discovery of bacteria, antibodies, and the majority of the present day medical science and knowledge of medicine (Mehta et al. 1990).

This approach was a huge success only after the discovery of Pasteur and Koch that microorganisms causes the disease, and it seemed that the Hippocrates traditional theory was supported by modern medicine (Iyengar 2002). These trend of believing the health is only affected by microorganisms and could only be treated by chemically or pharmacological means only lasted for centuries in western world.

The holistic health, holistic wellbeing re-emerged in western world only after end of ww2 in early 1930's. The major portion of population was under great depression and many infectious diseases failed to be controlled or cured by modern medicine, while at the same time, new disorders were emerging. Although at that time it was still not clearly recognized if the new disorders were caused by lifestyle modification or change of behaviour in everyday lifestyle. Cardiovascular, cancer and others mental disorders were consequence of prolonged human exposure to personal factors and environmental factors, rather than microorganisms (Iyengar 2002).

The reason for seeking holistic medicine has been increasing awareness of the leading researchers that health cannot be maintained solely by the pharmaceutical approach (Selye, H. 1978). The largest contribution to this is made by Selye, who formulated the concept of a common response to stress, in a swarm accentuated the interaction of the individual and the environment. The concept of stress has been holistic, he explained violations in individual organs and the emergence of disorders outlined generalized adaptive response of the whole organism to the environment. When such eminent microbiologists as Rene Dubos showed that Social-economic factors play a greater role in health than antibiotics, holistic concept of health has been further recognized.

It was also found that factors contributing to health or disease, diet, smoking, alcohol consumption and drug use, and presence or lack of exercises. These "lifestyle factors" components of psycho-pedagogical experience, these factors determines the long-term behavioural style (Telles, S. 1996).

The third set of factors related to the individual, closely related to lifestyle. One of the most famous and widely recognized element of this measure was A-type personality. Two doctors Meir Friedman and Ray Rosenman, identified for the first time and began to treat the disease in people with type A personality.

What was needed was the political and social awareness in 1960, that the concept holistic wellbeing is also a major contributing factor of health. In 1980's, holistic wellbeing gained more awareness and was more and more respected among people. Research demonstrated

the effectiveness of this concept, and more and more people started accepting and integrated holistic into their health promotion and wellbeing (Wills, J. & Naidoo, J. 2000).

A researchers has not yet understood or found out the exact reasons behind this shift towards the holistic paradigm, and there are the chances that it might be never discovered.

Concept Holistic wellbeing deals with interpersonal, psychological, professional and spiritual dimensions of each user of the health care system. Holistic wellbeing focuses on promoting healthy lifestyles, and the treatment and prevention of diseases. Research data suggest and draws the conclusion that including yoga, meditation, herbal treatments and acupuncture like alternative medicine is promoting holistic health and wellbeing (Chopra 2012).

Holistic wellbeing is most effective when it is carried out with respect for the views of people about the general concept of health and wellbeing, carried out in to their own natural setting and atmosphere. The best way to get out the most out of wellbeing is to let people practice health and lifestyle modification closer to their own residence, home, family and community. Holistic wellbeing based on cooperation from the participants and it had negative effect when it is forced by authoritarian concept and control (Chopra 2012). To be healthy, the ultimate liability lies on the person itself, rather than health care system and health professionals. The own responsibility of individual is their willingness to practice healthy lifestyle as exercise, meditation, yoga and to minimize the bad habits, for example, smoking and drinking alcohol or taking drugs. This process requires a strong sense of personal responsibility and will to modify lifestyle in order to be healthy or holistically well (Covey 1989). The lack of willingness to follow the advice, recommendations from healthcare professional, leads to negative effect on health and concept of wellbeing is jeopardize. Holistic wellbeing is best achieved by staying being motivated to implement and maintain positive behaviour and healthy lifestyle as well as having will to achieve and sense of self-responsibility as well as self-control.

If a holistic approach to health will succeed in improving the people's sense of their own strength and self-control, it will provide a higher success rate in disease prevention and health promotion (Telles, S. 1996).

Prescriptions of medicine can achieve a short-term relief after medical intervention but is not able to perform the task of maintaining a long-term positive lifestyle. The concept of holistic wellbeing is to increase the self-awareness of individual to remain healthy as long as possible and be happy as much as possible, prolong the feeling of wellbeing and feel good factor. The research show the holistic care in nursing has improved the sense of wellbeing and has positive effects on the life of people, by improved general health, productivity, and family relationships. Study suggests that the inability to maintain a healthy lifestyle can be determined by five factors: the negation of death and disease with a strong orientation to short-term

profit; the notion that the nature of death and disease will be conquered by science; unwillingness to live under certain social-economic or interpersonal constraints; depression and lack of interest will be cured by the doctor. These factors should be given proper attention to the concept of Holistic wellbeing, that medical intervention and pharmaceutical prescription is not a solution to every physical and health problem. Stating this, progress in the modern medicine should not be ignored and halted, but the main importance should be given to prevention is better than cure by maintaining healthy lifestyle and positive health (Telles, S. 1996).

Theoretical background of holism (English translated as a whole, holistic) -Achievements of modern science, which suggests that living organisms are formally unimaginable, and there are general rules that allow them to effectively improve. The defining feature of living organisms is their constant self-reproduction, the movement from the past to the future, in accordance with the information field, or a plan that is created with the assistance of the information fields of the world. To implement this plan, the body needs a certain set of functions (Wills, J. & Naidoo, J. 2000). These functions are associated with physical structures and skills that reflect the past. Loss of ability to play means a transition into a situation "not long". Man does not die from disease and illness because "to die." Situations "not long" is preceded by specific experiences (feeling of tension, it is difficult treatable verbal description, painful experiences and feelings of hopelessness), which are signs of stress and correspond to the "chronic fatigue syndrome".

The man has at least three areas of thinking:

1. Subconscious - Autonomous Administration worked out earlier programs (vegetative mind, instincts, and habits). It is connected with the past and caters to the needs of conservation (the components necessary for life, and security), work "on themselves."
2. Superconsciousness - development of new forms of behaviour (intuition, cosmic mind). Linked to the future, it caters to the needs of growth (self-respect and respect for others, self-actualization), working "on others." At the level of super-consciousness is formed absolute knowledge.
3. Consciousness - statement of the problem, the control of its solution, the relationship between people and generations through speech (reasoning and unreasoning intelligence). It is the supervisory body serves a social need for affection and friendship, the subconscious or super-consciousness, depending on the situation. At the level of consciousness is formed relative knowledge (Iyengar 2002).

Relative knowledge applicable to the superconscious, so the processes occurring on its level, are not clear consciousness. Hence the temptation to solve problems by forming an arbitrary way of the future well-being, which are psychological drugs. At the same time the development of super-consciousness is a necessary condition for the human ability to create and store the information field of the future. Hence it is obvious that energy-programming tool for health is a person with a strong super-consciousness (Chopra 2012).

Thus, following points should be addressed to achieve the health:

1. Development of the ability to perceive the internal processes and the external environment.
2. Transfer of health programs.
3. Raising the ability to create their own health information field.
4. Ensuring conditions for effective reproduction of the organism in accordance with the new plan.
5. Prevention of the formation of the situation "not live" by controlling the stress and eliminate it.

The main obstacles on the road to health: the loss of the ability to perceive reality, the information fields of disease and traces of past shocks (Wills, J. & Naidoo, J. 2000).

Programming health is constructed as follows: an initial stage - the intuitive diagnosis of the actual problems with minimal prior knowledge of the surveyed. The results are discussed with the latter, with the presence of the above specified barriers, explained the meaning of the programming planned health and individual health education program (Zugck, K. 2008).

The perception of the field of health eliminates suffering, there is a feeling of calm, ease, tidal energy and composure that corresponds to the state of samadhi, or nirvana (Chopra 2012).

Therapeutic training and psychophysical training are the main means of educating the ability to create their own health information field. To effectively play the body needed: rational mode of the day, proper nutrition and exercise. In the practice of health education naturally fit into the traditional health system (Vedanathan, P., Kesavalu, L. & Murthy, K., et al. 1998).

3 Previous research

3.1 Yoga and general health

Before we can look in to the previous research the first and foremost things one must ask, why do people do yoga? According to Atkinson and Permuth, Yoga helps in health maintenance, weight loss and health promotion. Yoga is a mind-body exercise practiced by millions and clinical yoga research has yielded promising findings in physical and mental health outcomes (Atkinson, N., & Permuth-Levine, R. 2009).

Atkinson suggested that many research has showed that people benefits from yoga at a deeper level, what they desire as personal wellness and self-acceptance, mindfulness, and non-competitive spirit (Atkinson, N., & Permuth-Levine, R. 2009). Atkinson further found that yoga could be helpful as an alternative way of healing and therapy for those who are combating chronic illness or going through healing and recovery from an injury. However, he noted that

the most common reason for many people to participate and practice yoga is the most effective way to manage stress (Atkinson, N., & Permuth-Levine, R. 2009).

Research has also shown that practicing yoga as an alternative way to control, reduce or even prevent diseases and many other risk factors associated with diseases (Evans, S., Sternlieb, B., Tsao, J., & Zeltzer. 2009).

According to Cowan, Adams, Smith, Greer, Sheets and Watson, It has been established to the general population by evidence suggesting that higher intensity and integrative yoga practices coincide with greater health benefits (Cowen VS, Adams TB, 2005, Smith JA, Greer T, Sheets T, Watson S, 2011)

Chong et al (2011), says, Stress is considered main culprit in contribution to diseases and illness, as much as 80% of all diseases and illnesses are directly related to the stress disorder. According Chong et al (2011) and Narasimhan et al. (2011) stress is believed to decreased immune function and quality of life, in which the yoga is claimed to be helpful in eliminating stress and improve individual's immune function and quality of life. Effect of integrated yogic practices on positive and negative emotions in healthy adults. A review of literature on yoga and stress management in healthy adults was conducted by Chong et al., which included Hatha, Kundalini, or Iyengar yogic styles, all studies noted in reduction in stress level immediately following yogic intervention (Chong, C., Tsunaka, M., Tsang, H., Chan, E., & Cheung, W. 2011).

Serber, E. (2000) found in his research study that yoga helps with reducing negative affect, and it was found to enhance cognitive function and one's perception of health or wellbeing. Further stated by Serber (2000) participants who practiced yoga noticed improved sleep, enhanced optimism, and improved quality of life. Serber also noticed the yoga practice of diaphragmatic breathing is mentioned as a vital component to stress management. This breathing technique supports increased respiratory efficiency, improves functions of the nervous and endocrine systems, and encourages the fine tuning of the body to maintain a state of homeostasis (Serber, E. 2000).

Stress increases the blood pressure, glucose level, cholesterol and obesity which is the main contributing factor of many high risk chronic conditions and yoga helps in alleviation of stress, which decreases the risk of acquiring chronic conditions by reducing above mentioned factors (Yang, K. 2007). Yang further noted that yoga is the one of the many ways of preventing, limiting, or treating these health issues. Yang, K (2007) suggested that yoga, when it is used as an integrative health tool, can simultaneously impact all four interrelated factors.

Yang reviewed healthy and diseased population in Thirty two experimental, quasi-experimental, or observational articles in 2007, the result of the study indicated that yoga has the ability to positively impact primary risk factors (high blood pressure, high glucose, high cholesterol, and obesity) for chronic disease, thereby yoga helped in improving one's personal health and longevity (Yang, K.2007). Yang also suggest that yoga has a direct relationship to weight loss by practiced at regular intervals allowed participants to attain a normal body weight within the first year of intervention (Yang, K.2007). Yoga significantly contributes in reducing blood glucose level, with in as early as 40 days of practising yoga. Yang further noticed in his study, in addition to weight loss and reduced stress, yoga also helped patients with hypertension, cardiovascular disease, and diabetes by lowering blood pressure after as early as three weeks of starting yoga with affected patients, not only that but Yang further noted clinically measurable decreases in cholesterol level (Yang, K.2007). Yang suggested that yoga practitioners can enjoy the health benefits of yoga early on in their adoption process, which is often disappointing and delayed or no response after traditional exercise programmes (Yang, K.2007).

3.2 Yoga and holistic health

There many researches has been done in recent time about how can yoga help in achieving holistic health and holistic wellbeing. Desikachar et al (2005) suggest that people with some kind of chronic disease can feel reduced symptoms by practicing yoga regularly. According to Desikachar et al (2005) an appropriately chosen yoga asanas along with pranayama (breathing exercise) and meditation has proven to achieve holistic health due to healing ability of yoga, allows the prevention of diseases, improving health and recovery from many chronic diseases. Yoga can improve visible as well as invisible causes of pain which causes suffering and ultimately affects the quality of life (Desikachar K, Bragdon L, Bossart C. (2005).

Yoga treats multiple common disorder because of its restorative, rejuvenating, and relaxing nature (Woodyard, 2011). Yoga can help in improving optimism, immunity, and self-acceptance at the same time minimizing fear, anxiety, and irritability (Woodyard, 2011). This kind of yoga is very important for individuals who are suffering from mood disorders. Evans et al (2009) and Woodyard (2009) stated that the yoga provides emotional shift which improves quality and quantity of sleep which further improves the symptoms of insomnia (Evans, S., Sternlieb, B., Tsao, J. & Zeltzer, L. 2009 and Woodyard, C. 2011). Overall, yoga therapy leads to a healthier body image, self-confidence, and mindfulness (Woodyard C, 2011), and, interestingly, he further noted that an increase in these measures reduced the risk of developing addictive behaviours (Woodyard C, 2011).

According to Woodyard (2011) yoga also has internal healing effects on glands, organs, internal systems as well as muscles by cumulative effects. The research has also proven that yoga

helps in the blood flow to various part of the body, which helps in circulating the much need-ed oxygen and vital nutrients, haemoglobin and red blood cells to body tissues just like with any other form of exercises (Woodyard C, 2011). Yoga therapy has proven in the patients with cancer and those patients has realized the homeopathic effects of yoga, the effects they not-ed in particular was relief in nausea, fatigue, pain and even the toxicity of cancer, they real-ized yoga helps in minimizing their need for prescription medications (Woodyard C, 2011). Woodyard further credited the yoga in improved gait, increased flexibility and also in increas-ing muscle mass and strength as well as decreasing pain which was present with any kind of movement.

According to Raub, J. (2002) practicing yoga leads to minimizing and eliminating pain as well as increased in range of motion in various joints in patients with different musculoskeletal disorders like osteoarthritis, multiple sclerosis, chronic back pain and carpal tunnel syn-drome. Raub, J (2002) further stated that practicing yoga has led to reversing the negative effects of stress related problems, it helps in reducing the risk of cardiovascular and blood pressure irregularities. Practicing yoga helps people in maintaining the ideal and healthy weight, fat and cholesterol levels along with normalizing blood pressure (Raub, J. 2002). Raub, J. (2002) further mentioned that people with COPD, asthma, emphysema has showed significant improvement in their oxygen supply after practicing yoga. According to Raub, J. (2002), certain kind of yoga for example hatha yoga is proven better than traditional medi-cine in the patient with psychological disorders also.

However, according to Evans, S. et al (2009) the proof of healing is a holistically way of look-ing at the health, in which the body, mind, soul is nurtured to the influence of physical, emo-tional, spiritual and emotional wellbeing all combined, further yoga is not as customary prac-tice but it is a trendy a way of physical exercise and practice of holistic wellbeing which is evidence of healing yielded in attaining health benefits for the both sound as well as com-promised immunities (Evans, S., Sternlieb, B., Tsao, J., & Zeltzer, L. 2009).

Narasimhan et al., examined influence of yoga on personal affect and discovered that only after one week of yoga and merely few practice sessions in study participants, noticed 47% decrease in overall negative affect and a 13% increase in overall positive affect. They also noted the most pronounced emotional differences in participants were 55% decrease in irrita-bility and 28% increase in feelings of contentment. The seemingly inherent ability of yoga to balance the autonomic nervous system leads to positive emotional shifts for individuals, thus enhancing quality of life (Narasimhan, L., Nagarathna, R. & Nagendra, H. 2011).

According to Monk-Turner and Turner (2010) yoga practitioners were more likely to experi-ence increased mental wellness, physical wellness and spiritual wellness. Monk-Turner and

Turner also noticed in the study, that practicing yoga displayed healthier levels of fitness, body weight, range of motion, and nutrition; demonstrated better ethics, healthier emotions, stronger morals, and an increased ability to express their feelings; and illustrated a healthier approach to faith, in yoga participants. Overall, the yoga participants exhibited more positive outlooks on life and demonstrated more genuine happiness. They were more likely than their counterparts to engage in other healthful behaviours and make mindful, responsible choices (Monk-Turner, E. & Turner, C. 2010).

According to Khalsa and Cope, the yoga participants showed improvement in stress, performance anxiety, and performance-related musculo-skeletal conditions compared to a non-yoga group (Khalsa, S. & Cope, S. 2006). In another research, Rao et al. noticed the patient participated in yoga showed reduced anxiety in patients with early breast cancer who were undergoing conventional treatment, compared to a non-yoga participant group, at different stages of the treatment schedule (Rao, M., Raghuram, N., & Nagendra, H. 2009).

Regarding the sleep and insomnia, Talles and Manjunath observed that after practicing yoga sleep disturbances reduced in an older population (Manjunath, N., Telles, S. 2005). In addition, according to them, following six months of yoga, there was a significant decrease in the time taken to fall asleep, an increase in the total number of hours slept, and in the subjective feeling of being rested in the morning (Manjunath, N., Telles, S. 2005). In another research regarding sleeping, according to Oken et al. introducing yoga in senior citizens, improved quality of life measures associated with a sense of wellbeing, improved energy and reduced fatigue, compared to non-yoga practitioner (Oken, B., Zajdel, D., & Kishiyama, S. 2006).

According to Garfinkel and Schumacher, apart from yoga, voluntarily regulated breathing (or pranayamas) practice in associated with yoga postures (or asanas) reduces anxiety. Many of the benefits of yoga postures are ascribed to muscle stretching associated with yoga postures, which is believed to help in reducing pain (Garfinkel, M. & Schumacher, H. 2000).

3.3 Effects of yoga on holistic wellbeing

Holistic wellbeing is too often presumed to be the opposite of health related illness and seen as the absence of holistic wellbeing is just normal and not needed as part of healthy lifestyle, the normal concept of general population is, as long as there was no signs or symptoms detected by the modern day medicine and as long as any health professional has not diagnosed

any individual with any syndrome or disease, we are healthy, such as depression or anxiety (Keyes, 2005; Westerhof & Keyes, 2010). Some authors argue that health is holistic and includes different dimensions, each of which needs to be considered (Aggleton & Homans, 1987; Ewles & Simnett, 1999). Holistic health means taking account of the separate influences and interaction of these dimensions. Many years ago, before modern day medicine developed and so called doctors title originated, people across the world usually relied on own self-assessment on how their everyday life is, how they function, if they are stressed or depressed, moreover, relatives, friends and family members used to give the input of how the person is behaving or how his or her health is. In Tibet and Himalayas, the so called yogi's and now a days many people across the world realized, one must know own self, we are the first person and best person to know how we feel, what is happening to our health. According to Maddux (2009) the emphasis is too much on that, which is deviant, abnormal or maladaptive. The common belief is by treating an illness, person is healthy. Seligman and Csikzentmihalyi (2002) argued that psychotherapies solely aimed at reducing symptoms won't lead to sufficient prevention of psychological disorders. Many people after going through psychotherapy often realizes that the medicine and the chemicals they are taking is not good for their body after all and there must be some alternate to medicine.

Plenty of research have concluded that there is positive effects of yoga on mental health and wellbeing. People who practices yoga frequently report a sense of deep relaxation, calm and happiness at the end of a yoga session (Monk Turner and Tuner (2010). While Pilkington et al (2005) reports that yoga also improves hormone levels, immune response, cardiovascular health and respiratory functions, it increases muscular strength, flexibility, range of motion, energy and sleep quality. According to five systemic reviews by Cramer, Damme, Mehta, Pilkington, Uebelacker and Epstein, they all have shown that yoga has positive effects on depression (Cramer et al., 2012; Ten Damme, 2013; Mehta et al., 2010; Pilkington et al., 2005; Uebelacker, Epstein-Lubow et al., 2010). To add to those claims, Long et al. (2010) points out that yoga is also effective for relieving stress and anxiety conditions that impact physical and mental health conditions (Long, Huntley, & Ernst, 2001). The positive effects of yoga has been seen on well-being and satisfaction with life (Impett, Daubenmier & Hirschman, 2006). Although, many positive effects of yoga have been found on mental health, positive feel good feelings, stress, anxiety and depression, but there are lack of proper and credible research done or found on either yoga has positive effects on holistic wellbeing or not. Most of the research meta-analysis shows the difference between yoga as a proper theoretical framework in the study on positive health as well as combining the practical methods with combating the issues of a common mental illness. According to Keyes (2007), Seligman and Csikzentmihalyi (2002) reducing symptoms is just a small part in the improvement of mental health. A different method of double blind study might shade some light on making clearer picture of yoga in effectiveness on promotion of mental health. It could be more beneficial if these kind of re-

search study might be showing more relevance of this particular area and effectiveness in prevention depression, mental illness and stress as if yoga is a tool of choice for the positive effects better health as well as holistically well-being (Keyes, 2007., Seligman and Csikzentmihalyi, 2002).

4 Methodology

4.1 Objective and purpose of the study

The main purpose of this study is to find out the experience of the participants on their holistic wellbeing after practicing a yoga. How the yoga could be included for the holistic wellbeing and improving the health from the health promotion view point?

I decided as a part of the master's thesis in the degree programme in health promotion, this could be an excellent opportunity to explore the experience of the yoga on the holistic wellbeing. This study will explore and might make other people aware of yoga on a holistic health and wellbeing from the interviews and experiences of the participants after practicing yoga. What do they experience from the perspective of holistic wellbeing? The aims and motivations for this study and action research were to plan, implement and evaluate the yoga practice towards better holistic approach to an individuals' wellbeing and the health in their daily routine. The experiences of the yoga practitioners, the outcomes after practicing yoga can be discussed later as the outcomes as well as the findings of the action research.

The researcher was attending the yoga teacher training course in the summer of 2014, and after talking to many participants, I decided to make the yoga and holistic wellbeing as part of my master's thesis, I took on the interview based information and knowledge sharing research as the means of the participants experience. This thesis studies the implication of the yoga practices and the techniques on the holistic wellbeing, I was very much interested and excited after I talked to many participants and the yoga teachers to share their experience and how their life and the health has benefited by the yoga practice. I have practiced yoga myself all my life and I knew the meditation and the breathing exercises also, with my background in the field of physiotherapy and having opportunity to teach the respiratory and the chest physiotherapy in SAMK (Satakunnan Ammatikorkeakoulu), I have knowledge of COPD, Asthma, Emphysema and the breathing exercise like the pursed lip breathing, sustain abdominal breathing, segmental breathing and the effects of hypoxemia or hyperventilation. I relate the pranayama very much with modern medical science of the respiratory physiotherapy. While learning the pranayama and the kundalini yoga, I refreshed my knowledge of pulmonary function tests, and all the pulmonary volumes. I realized that the pranayama is very much based on how to improve lung capacity and pulmonary volume, for example by segmen-

tal breathing, one can strengthen particular part of the chest and the abdominal muscles. The coughing techniques of pranayama, is very much related to postural drainage techniques used in the respiratory and the chest physiotherapy. I wanted to share my knowledge and experience as a physiotherapist as well as I wanted to learn, study and research as part of health promotion, how yoga can promote a health. Many research study shows that yoga has positive effects on the physical health, in the back pain and the fitness and improvement in the feeling good factor, I decided to focus on reducing the stress, holistic wellbeing and holistic health. This study focuses on the overall holistic wellbeing after practicing a yoga and did not focused on any particular one aspect of a physical health and a bodily function.

The purpose of this research is to study the experiences of yoga practitioners on their holistic wellbeing after starting of yoga as a part of their health and wellbeing.

The research study was to find out how practicing yoga could help on over all holistic wellbeing, how practicing yoga can help in achieving a holistically wellbeing and what are the experiences and the feelings the participants' experiences after practicing a yoga.

Yoga seems to be a possible tool in some ways to practice for improving holistic wellbeing and it has found to be effective in one way or the other Iyengar (2002). Taking in to account on a perspective from a medical factor of a holistic wellbeing is the calming of mind and absence of negative thoughts (Rama, 2008). According to Singh, Wisniewski and Britton et al 1990, Yoga, specifically a breathing technique or so called pranayama, emphasizes on the stress free and worry free aspect of a person.

A strength of yoga, specifically pranayama could be used as a practicing tool for a holistic wellbeing, in such a way where person does not feel depressed, worried, stressed out and does not seek medical intervention in form of medication, hospitalization or psycho therapist. A person could practice yoga for their entire lifetime to improve their holistic well-being as well as a preventative measure against the stress and worries (Singh, V, Wisniewski, A. & Britton, J. 1990).

Numerous research and studies on the yoga from past 20-25 years has shown some strong evidence between the effectiveness of a yoga and a holistic wellbeing (Chopra 2012).

Stress, worries, depression, depressive symptoms, and well-being which are considered to be an emotional, psychological, social well-being, and holistic wellbeing were the outcome measures (Singh, V, Wisniewski, A. & Britton, J. 1990). Some factors should be taken in the consideration in the effectiveness of a yoga on holistic wellbeing, such as what kind of a yoga, the duration of a yoga practice, the frequency of a yoga practice and the sessions (Telles, S., Nagarathna, R. & Nagendra, H. 1996), these factors could be the limitation within these research study and a probable affecting variables on the quality of the outcome of this research study

4.2 Action Research

An action research is based on a critical knowledge and an interests while the goal of the action research is to produce a new knowledge and forms of operation (Kyrö 2004).

While according to CARN (2005) “The action research offers the world a window onto our practice, Action research flings the windows open” (CARN Study Day, Liverpool Hope University, May 2005) at the other hand according to Lehto (2014) The basic principles of action research are Practicality: problem oriented, Actors’ participation: context specific, Creation of new activities or interventions: concept of change.

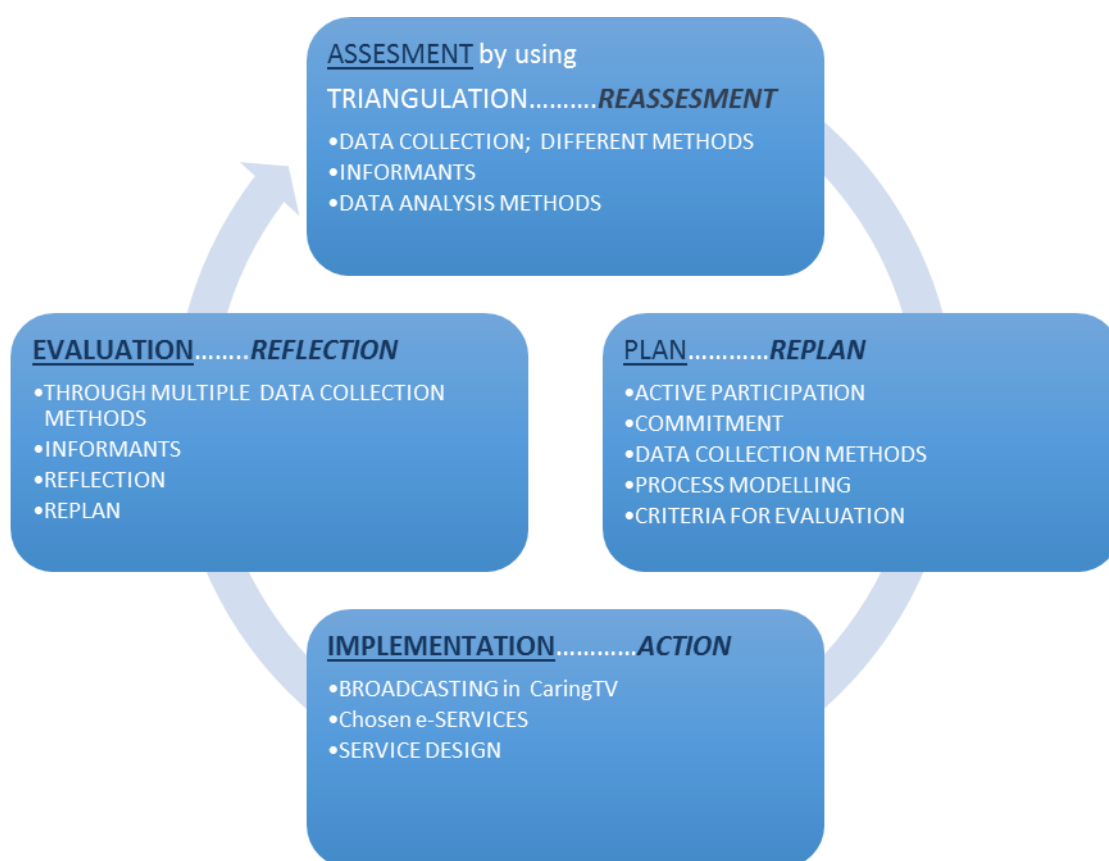


Figure 1. Paula Lehto, Action Research January 14th, 2014

McCutcheon and Jung (1990), noted that, there are three main explanations from the many definitions of an action research, which are: "a systemic inquiry that is collective, collaborative, self-reflective, critical and undertaken by the participants in the inquiry" (McCutcheon and Jung 1990:148).

Furthermore the explanation of an action research according to Kemmis and McTaggart (1990) the action research is "a form of collective self-reflective inquiry undertaken by participants

in social situations in order to improve the rationality and justice of their own social or educational practices, as well as their understanding of these practices and the situations in which these practices are carried out" (Kemmis and McTaggart 1990:5). While according to Rapoport (1970 cited in McKernan 1991) explanation of action research is, "action research aims to contribute both to the practical concerns of people in an immediate problematic situation and to the goals of a social science by joint collaboration within a mutually acceptable ethical framework" (Rapoport 1970:499 as cited in McKernan 1991:4)

4.3 Qualitative research

In this research study, the method and process was of an inductive characteristic, what that implies is that the goal is to try to explain and understand certain observations and phenomena, in this case, users or participants experiences. The researcher tries to find the patterns and the regularities within the data provided and aims at creating a hypothesis or theory that explains the observations, and grasps the essence of a phenomenon. (Lester, 1999).

According to Sandelowski (1995), a qualitative research methods are typically more flexible, they allow greater spontaneity and adaptation of the interaction between the researcher and the study participants. Furthermore, conducting a research by a qualitative methods, the interaction among the participants and the researcher decreases in a formality and increases the trust among the people which is not possible in a quantitative research. The qualitative research approach by an open ended questionnaires and interviews gives participants more opportunity to express their feelings and the experiences with greater details and more elaborately rather than which typically is absent with quantitative methods. Sandelowski (1995) further explained that research conducted with a qualitative methods has another advantage of allowing researcher to extract more information from interviews by questioning participants 'why', 'how' or 'can you explain in more detail'.

In addition to Sandelowski (1995) & Townsend (2010) also stated affirmatively that, a qualitative studies have offered explanations for unexpected or contradictory findings revealed by quantitative studies and shortcomings of a rational-choice decision-making model in seeking care and have identified unintended consequences of a service development.

There are three primary shortcoming of qualitative research method. First and foremost, there are no strict principles or a universal rules formed to be followed while analysing qualitative data Thomas, D. (2003). In addition, due to the lack of the fundamental basic analytic procedures, it creates difficulty for the researcher to elaborate the findings as well as harder to explain in which ways the analysis was done and how to convey the meaning or the findings in such a way to make it easier for the reader to understand, which removes the obvious

doubt of validity and trustworthiness of the research. Then there is second shortcoming, which takes enormous amount of the time and effort. According to Thomas 2003, The researcher trying to analyse a qualitative analysis, must come up with the ideas and a way to explain the theme of the study, the findings and the purpose of the study from the pages and pages of the interviews narratives and the materials. The information from the interviews and the data must be analysed and reanalysed and put it in order in such a way to be integrated and explained as well as interpreted in such a way to be understood. Thomas (2003), further described the third and final shortcoming is a real challenge for researcher to make the data reduce in enough amount for it to be made for the final purpose of reporting and published. According to Polit and Beck (2008) explanation, The results from the quantitative research can often be summarized in a few tables, charts, graphs or figures, while by contrast qualitative researchers, must come up with the way of explanation to validate the research data and it's richness as well as trustworthiness.

A qualitative method is focusing on defining the things that are not very clear or vague, undefined or subjective, for example feelings, expressing the experiences etc. The results from a qualitative study do not explain or provide answers to a problem, rather it provides an understanding (Olsson & Sörensen, 2007, 37, 63; Patel & Davidson, 2003, 102-104).

Since a numerous quantitative researches on the effects of yoga have been made, it is natural to study yoga also on a more personal and an individual level. When talking about a health and a personal health, it is natural to make choices in relation to one's health. This phenomenological approach is chosen, to better understand in what ways yoga can provide feelings and perceptions of a health and wellbeing on a personal subjective level.

4.4 Content Analysis

The researcher along with the participants and the supervisors plans the research study and the process which makes it easier to execute the research study plan and the process; the researcher studies the phenomena through the sets of questionnaires and or an interviews, those interviews are later analysed using a specific method based on the research question and data collection tool (Elo, S.& Kyngäs, H. 2007).

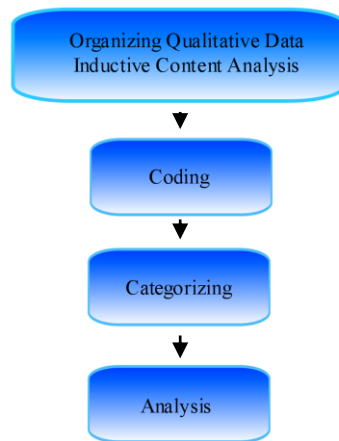


Figure 2. Inductive content analysis (Organizing Qualitative Data).

The number of participants were in small numbers and the approach of the data collection was inductive. The focus was to understand the participant's experiences and opinions about the subject matter of this study. The researcher of this study chose qualitative approach by the inductive content analysis method to abstract data from the interviews. Due to limited knowledge of the researcher of this study about an inductive content analysis, the guidelines were followed as mentioned by Elo & Kyngäs (2007) in their article about the qualitative content analysis process. The research questionnaires were used as a guide in this process to find the answer for the theme of this study. The details of the research process will be described under individual headings.

According to Elo & Kangäs (2007), there are three stages of content analysis process, a preparation phase, an organizing phase and a reporting phase.

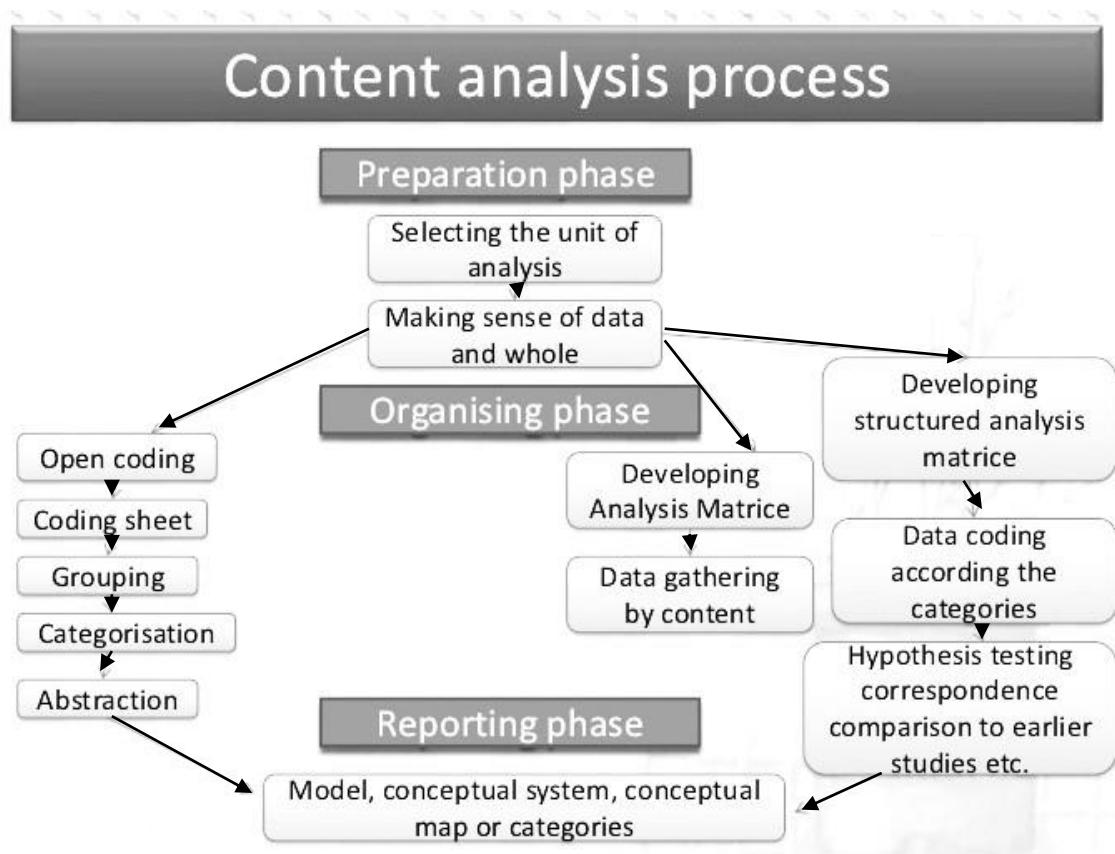


Figure 3. Content analysis process. (Elo, S. & Kyngäs, H. 2007)

While doing content analysis, it does not always go smoothly but it is complex as well as difficult in nature compared to a quantitative analysis, due to the fact, it is less standardized and formulaic (Polit & Beck 2004).

The primary reason to choose the inductive approach for a data analysis in the research study is because inductive approach allows researcher to let the theme emerge from the raw data which are mixed and unorganized to form a constructive conclusion without compromising on the structure and the methodology of the research process (Bryman & Burgess, 1994., Dey, 1993). Key themes are usually obscured, reframed or left invisible owing to the preconceptions within the knowledge assortment and knowledge analysis procedures, obligatory by inductive knowledge analysis, like those employed in experimental and hypothesis testing analysis (Polit & gesture 2004). The subsequent number of the needs underlying the event of the final inductive approach, these functions are like alternative to qualitative analysis approaches (Polit & gesture 2004).

The following procedures are used for inductive analysis of qualitative knowledge.

Preparation of the information files (“data cleaning”) Format the information files in a very common format (e.g., font size, margins, queries or questioner comments highlighted) if needed. Print and/or create a backup of every information file (e.g., every interview).

Reading of text once it has been ready, the raw text ought to be browsed very well for the researcher is acquainted with the content associate degree gains and understanding of the “themes” and details within the text.

Creation of the classes and the analysis identifies and defines classes or themes. The higher level or additional general classes are doubtless to be derived from the analysis aims. The lower level or specific classes are going to be derived from a multiple readings of the information (NVivo coding). For “NVivo” secret writing, classes are created from that means units or actual phrases employed in specific text segments. Many procedures for creating classes are also used. Copy and paste (e.g., employing a word processor) marked text segments into every class. Specialist software system (e.g., NUD*IST, Ethnograph) may be used to speed up the secret writing method wherever there are massive amounts of text knowledge.

Overlapping secret writing and un-coded text among the normally assumed rules that underlie qualitative secret writing, both are totally different from the foundations usually employed in quantitative coding: (a) one phase of text is also coded into quite one class. (b) substantial quantity of the text might not be assigned to any class, the maximum amount of the text might not be relevant to the analysis objectives.

Continued revision and refinement of the class system among every class, rummage around for subtopics, together with contradictory points of read and new insights. Choose acceptable quotes that convey the core theme or essence of a class. The classes is also combined or coupled below a superordinate class once the meanings are similar (Polit & gesture, 2004., Graneheim & Lundman, 2004., Bryman & Burgess, 1994., Dey, 1993 & Elo & Kyngäs, 2007).

Using associate degree interview, field notes furthermore as questionnaires added a depth to the results that may not be employing potential single-strategy for research, thereby increasing the trustworthiness and utility of the findings. It is a method-appropriate strategy of innovation for credibility of qualitative analyses (Graneheim & Lundman 2004).

The researcher found out, as an observer, that all these are of very important and correct to bear the thought in the mind, not to lose the concept and purpose of the research questions and to get tangled in to enormous data extracted from the interviews. The researcher had to be very careful and stay focused on the theme to set the important and valuable data aside by keeping very well informed post it note and highlight the useful information. The infor-

mation was so much, that researcher had to be careful not to get carried away from the main topic and stay on the course of the set thesis goals and the theme.

Stating that to stay focused on the theme, however, it was as much of an important to be open to new surprising findings, an unexpected comments or the expressions and feelings of the participants to let their willingness to participate in the study. Such was the case to listen to lengthy interviews, try to stay on course of the theme, as well as pay attention on the emerging new themes or categories, which might be, as much important as the main question to be answered. It is very likely that the study might not answer the questions the researcher was trying to study, and let the other important themes go unnoticed, which was not related to the main theme of this study. There were no other relevant theme or questions emerged other than the main concept of this study, which could be conflicting in nature with the main goal or the main theme of this thesis.

Being vigilant could lead to some unexpected theme to emerge, to keep an open eyes and ears, these data unrelated to the theme could be an opportunity for the further research and study. Inclusive data research method was chosen but excluded and unwanted data could be as much of importance for the further studies in new areas, saying that, no data extraction is unnecessary in every analysis, and all the data were scanned and analyse carefully, looking for some unexpected patterns or results from this study. While staying focussed on the main theme, it is not advisable to ignore other fascinating data, research question, unwanted theme or to say important by product can be just as much useful as what researcher was trying to extract from data. These unexpected findings are also mentioned in the findings and discussed briefly for the future research and references.

It is exciting as well as challenging to conduct content analysis, as there are no boundaries set or strict guidelines to follow and there are no such thing called this is the only "right" procedure to conduct content analysis. These factors are the most interesting and these variations are also part of the study which is challenging as well as exciting. Again here I'd wish to stress the importance of keeping the ideas found inside the analysis question in mind whereas analysing the info. Additionally the importance of mastering the analytical methods and tools chosen for analysis is important to be ready to analyse the results and account for his or her validity further as for them to own advantage.

4.5 Semi- structured Interview

An open end interviews were carried out frequently, as well as the short interview after each and every session of the yoga. Also the interview focused from the view point of the participants' role and the trainers teaching methods and implementation of the techniques and the tools. The interviews were kept semi-structured in regards for the participants to express their views freely and openly.

The semi structured interview, according to Morse (1991), gives enough time and enables the participants to freely express their feelings and opinions on given subject being researched. The main topic of the study is decided by the researcher and as the interview proceeds, it gives author many other interesting areas to be explored. The objective of the semi structured interview is to understand the participants' point of views on the theme being researched, studied and discussed. It uses open-ended questions, for example author can ask ("what can you say about it") while few other questions may arise automatically during the interview process, as for example, you mentioned while ago, such and such, ("can you explains me more about it in details"). The author tries to gain the trust from the participants through open-ended interviews and questioners as well as the conversation. As the interview progresses, more questions being asked as the researcher feels it is appropriate to ask at the appropriate time. There might be more questions prepared during the interview as it progresses. As it has been noticed in many research studies of these kind, that the explanation from the participants does not have to match exactly on the word to word basis and the words could differ from participants to participants, but the main information needed for the research could stay the same and extracted by inductive or exclusion methods.

Most of the researchers make few pre-interview questions ahead of the time based on the subject to be studied, as to compare and understand in a quantitative research, more or less like setting a hypothesis. This kind of pre-planned questionnaires allows the participants to know what the researcher is trying to investigate and it builds the bond and trust in a way participants feels like the interviewer knows what he is doing or what he wants to do, what he wants to research and study through these interviews. These kind of research interviews gives enough room for the participants to express their opinion freely and in their own language and words. Semi-structured interviews believed to provide a reliable data which are enough to be comparable for qualitative data research. How much information could be extracted or the quality of the interview also depends on the researcher, the skills to build a trust and bond with participants for them to freely express themselves as well as to come up with new questions during the interviews or to ask participants to explain more in detail, which author feels, he could get more information about. There might be few disadvantages of these kind of semi structured interviews are, it might be possible that researcher might give out cues or signals, unconsciously to the participants, what kind of answers he or she is expecting from them. These kind of interviews can be time consuming as well as it is noticed on many occasions, the information extracted from interviews could be difficult to narrate and analyse, for example what is and what is not relevant (Morse 1991).

The questionnaires were as follows.

What is in your opinion about practicing yoga on your holistic health?

How practicing yoga has helped you in achieving holistically wellbeing.

What are your experiences and feelings about yoga practice?

4.6 The participants

This research study involved yoga participants, two yoga teachers as supervisors and myself. The participants were from two yoga studios and the two yoga teachers were from each studio.

All the 7 participants interested in this study were selected on the preliminary criteria of being able to participate in the interviews, participate in at least 1 yoga session per week for 6 months. The chosen participants were from age range of 27 being the youngest to age of 43 being the oldest, while the years practicing yoga were from 2 years to 6 years. The participants were asked what were their needs to join the yoga session, what were their problems and issues they would like to benefit from the yoga and what they were expecting out of these yoga sessions, the participants who were just casually wanted to join yoga, for some physical stretching or strengthening, were excluded from the group and the main focus was given to participants who wanted to feel better and get healthier from the mental, spiritual or a holistic point of view. The yoga instructor at the both yoga studios helped with making it possible to give the much needed contacts of the participants based on the criteria which fit the best as mentioned earlier. The conclusion was made to include the total of 7 participants in this study.

Participants	Age	Years practicing Yoga
1	43	3
2	38	5
3	27	2
4	36	4
5	31	3
6	35	4
7	28	6

Table 1. Participants, age and year practicing yoga.

The role of two yoga teachers was specifically described to give feedback, train the proper techniques of yoga and collect the feedback in small semi-structured interviews frequently after each of the yoga sessions. The researcher was also involved in collecting feedback and conduct interviews after 5 and 10 yoga sessions. Each of the 7 participants were involved in receiving at least 20 yoga sessions within 6 months period, few participants have received more than 20 yoga sessions. At the end of the one year, the participants received no less than 40 yoga sessions.

5 Research process

In this section, researcher will explain how the research process went, from selecting the participants, the interviews, the data collection, coding, categorizing, analysis of the contents and then finally the conclusion.

Initially there were 10 participants asked to complete questionnaires from which 7 participants were available at mid-point of this research study and they were committed and available till the end of the research process and for the final interviews at the end of the almost whole year process. According to the aim of this thesis, the three questionnaires were asked to each participants.

After primary analysis of the initial interviews, the organization phased was initiated in which the coding, grouping and the categorization of the data was done. The second assessment was held 6 months later. The final questionnaires were completed by the same 7 participants who committed themselves to be in the part of this research study.

Through a yearlong process from September 2013 to November 2014, the questions were asked. After assessing the initial feedbacks and the preliminary results from the initial questionnaires, along with the teacher, trainer and supervisors, the researcher decided to make the planning and the implementation of the action part of the research study as mentioned by Elo, S. & Kyngäs, H. 2007. The content of the interviews were based on the data received from the initial questionnaires from the participants, the teachers, the trainers and the supervisor's replies concerning the wellbeing from the holistic point of view. Based on the data received during the interviews and implementing the methods and the tools given to the participants, the group insisted three training session a month for every follow up interviews and data collection which formed the bases for action research. The content of the each sessions were carefully noted.

The simplified explanation is also elaborated below.

September 2013	Initial interview 10 participants	7 participants chosen based on availability till end of the research study
March 2014	organization phase, asesment, coding, grouping, categorization 25 sessions	Second Assessment, Interviews
November 2014 conclusion	15-25 sessions	Final interviews, data nalysis,

Table 2. Selection of participants, course of research process.

After 15 to 25 sessions on the selected participants, the interviews and casual chat was carried out on frequent basis, almost after end of every session and also before beginning of the next session of the yoga. The trainer and the participants has short interview on the wellbeing and feeling of holistically different in their feedback.

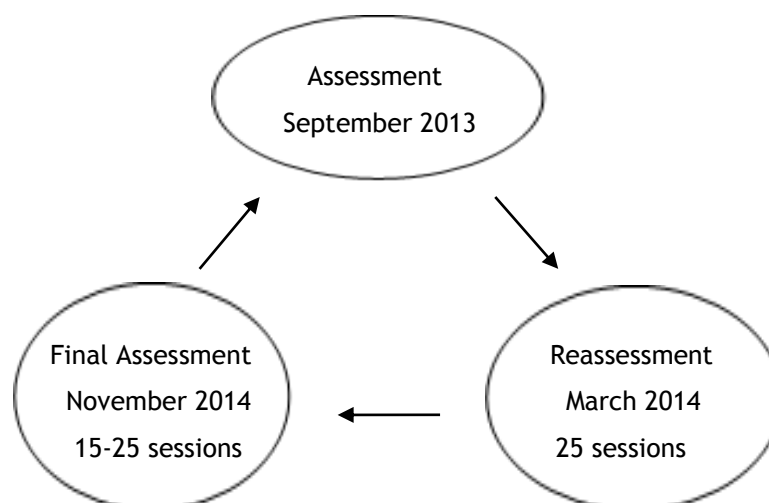


Figure 4. The process of action research integration phases in the methodology

A second round of the interview as described by Elo, S.& Kyngäs, H. 2008, was conducted after six months and 25 training sessions, the influence was given more on the breathing techniques and the meditation called kundalini yoga, which is most effective way in balancing the energy and chakras for feeling wholeness, the holistic wellbeing (Ma, H. & Teasdale, J. 2004). The researcher and the trainers emphasized on giving more focus on breathing and meditation

part of the yoga rather than just physical poses of asthanga and hatha yoga. The kundalini yoga includes meditation, breathing and vibration therapy from a big gong, combined with silence and self-reflection inside. These techniques will be discussed in detail later on in methods.

The initial interview was done in the beginning of the research study, and according to Ejlertsson (2005), emphasis should be given to the importance of the initial interview in order to extract the information from the participants on their perception and the interpretation about the questions being asked. Due to the fact that this study was conducted with open ended interview, that made it possible for adding more questions later or modifying the questionnaires as needed, as well as provided the opportunity for the participants to express their experience freely and generate broader understanding of the theme.

The final assessment were made on the basis of the content analysis and the inductive procedure at the end of a year, when participants has taken no less than 40 yoga classes, many of them had 50 classes. The assessment was not to focus on underlying problems and difficulties at work and personal life or even the other environmental factors, but rather to focus from the holistic wellbeing point of view and adhere to the main aim of these research study.

5.1 Data collection

Course of research process:

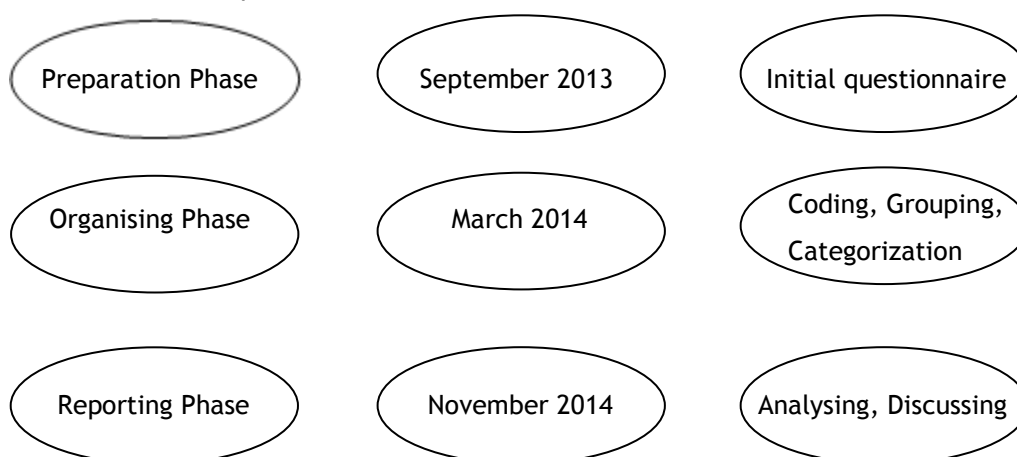


Figure 5. Implementation of research process.

Open interview was chosen as the data collection method for this research study. For the researcher, to understand the experience of participants in study, Interview is a most important

and suitable method of choice, it is quite hard to know or understand in any other way, what the participants experienced, other than ask, interview them. A semi-structured interview can provide a very rich and extensive material. (Trost, 2004, 7; Ryen, 2004, 62).

Holistic wellbeing was set as the primary theme of the interview in this study. The theme was centralized and categorized according to the definition of the holistic wellbeing mentioned by WHO. The fundamental three grouping of theme were health, health promotion (wellbeing) and holistic health (holistic wellbeing). The participants were also encouraged to describe their feelings and experience not only by spoken words but also by drawings, paintings and charts to fully understand the participants' feelings.

The participants in this study were from two yoga studios, the interview were conducted at each location by the researcher. The participants were practicing at least 4 yoga sessions every month were encouraged to express their feelings. Due to the fact that this study was done at two yoga centers, the participants were selected on the spot by asking either they want to participate in this study. Every month participants were given anywhere between 4 to 10 classes or yoga of different kinds, as mentioned in the yoga section, based on what kind of yoga is more suitable for the individual participants and what kind of yoga they feel helping them most in feeling better, for example from asanas, dhyana or pranayama (Hatha, Asthanga or Kundalini). Every session consisted were no less than 1 hour of duration, each participants were freely allowed to choose what kind of yoga classes they wants to participate more, from the physical poses to more meditation or focusing more on breathing. All sessions were just like any other yoga sessions.

The interviews were conducted at various location, including the public places, parks, cafeteria, studios and the restaurants. All participants were allowed to freely express their experience by words, pictures, drawings and charts. Many participants did not remember the names of asanas, poses and other yoga terms, for which they were allowed to demonstrate the poses or the process and method for the researcher to best understand which yoga method or poses were the most beneficial to that particular participant. Few but not all material used to describe the feelings by participants are made available in this thesis as they were merely used as tools to describe part of the feelings in pictorial format rather than words. On few occasion participants even used music, song or the chanting and melodies used in yoga studios as well as at home by the participants. The Music, drawings, paintings are widely used on various occasion by researchers and therapist to understand the explanation as correctly as possible (Solomon, 2002). These are the tools used by researcher to understand the feelings and perception of the participants at the deeper and personal level, as there are no perfect way to describe happiness or level of happiness and no such tools are available, or, the researcher did not felt it is absolutely necessary to use medical tools used by psychiatrist or psychologist, these will be in breach of trust between the researcher and the participants and the partici-

pants should not be felt like they have some mental issues or underlying psychological issues and researcher is diverting the attention from pure yoga and holistic wellbeing to psychological and medical aspect (Solomon, 2002).

5.2 Data analysis

The most common approach to analyze an interview based research is to read and re-read the data extracted from the interview. Once the process of analysis is performed, the similarities and useful data is extracted and grouped together in different categories or the comprehensive themes (Fade, 2004). These are the common process in order to find the focal important and useful data, according to the theme of the thesis, which is set in the title, and this is the main purpose to find out the solution for the questions *how* and *why* (Elo & Kyngäs, 2007).

Hence the focus of this study is to find out the health promotion, wellbeing and holistic wellbeing after practicing the yoga, the theme required to perform the inductive study as well, in order to omit the data not necessarily useful for this particular thesis. This is done mainly because the entire data analyzed must be categorized and arranged in such a way to fit into the theme and group, based on the meaningful importance (Elo & Kyngäs, 2007).

The two supervisor, as part of an examiner, were included in this study at the time of reading and re-reading of the data and also at the time of analyzing and extracting useful data from the interviews. To avoid 'halo' effect, according to Kvale (1997), presence of the outside examiner at the time of data extraction, increases the reliability and validity of the research study performed, as well as it might minimize the risks of biased opinion of the single researcher by over interpreting or over emphasizing details on a single focal point, so called the halo effect, observing the patterns even when there are none etc. (Kvale, 1997).

The data were carefully abstracted according to the theme and kept it aside for analyzing later. The careful attention was given to the each and every document while screening for the thematic data extraction and categorized on the basis of questions asked for the study. At last, the researcher came to the task of conclusion, explanation of the data extraction and the theme or the pattern emerged from the data, as well as writing the final thesis process. The stage in the research study of analyzing and processing data as well as interpreting data based on the analysis was carried out at frequent intervals to stay focused on the theme of the research study. The preferred method of choice for interpreting data and analysis was inductive content of research method according to Elo & Kyngäs (2007).



Figure 6. Initial assessment and coding.

A considerable number of authors reporting analyses of a qualitative data in a journal as an articles (where space for methodological detail is often restricted) which can be described as a strategy that can be labelled as “general inductive approach.” This strategy is evident in much of the qualitative data analysis (Bryman & Burgess, 1994; Dey, 1993), often without an explicit label being given to the analysis strategy.

After the initial assessment and the coding, as shown above in Figure 6. The three main categories emerged from the coding were the physical, the emotional and the spiritual wellbeing after attending the yoga classes.

Categorization is mentioned below in figure 7.

CATEGORIZATION		
Physical	emotional/psychological	spiritual
Feel muscles	Relaxed	healed inside
Not stiff	Away	peace
was painful	Agitated	calm
Relaxed	Draining	hopeful
Breathing	Energy	soul
Vibration in throat	Anxiety	energy
swaps	wants repeating	light
deep breaths	no need for medication	divine
head aches	no need for smoking	complete
sleep better	self esteem	meditation
loss weight	Tingling	fulfilled
skin tighter	happy	Purpose
stretching muscles	Eating less	me as who
heart jumping	soft time	living life
blood pressure	concentrate	Real healthy
Improved Asthma	worthiness	light
stiff neck	rejuvenated	Brightness
stiff back	less tired	gratitude
toned body	enough rest	Empathy
healthy weight	depressed less	calm mind
	Proud	not worried
	Normal	soul, mind
	look good	connected
	Addicted yoga	universe
	Tiredness	Vibration
	Thinking less	cosmic energy
	worried	weight obl to
	more outgoing	chest
	friendlier	Enlightened
	Tensed	cleansing
	mood	

Figure 7. Categorization of data.

The results are delineate by contents of the classes, i.e. the meanings of the classes, the content of the classes is delineate through subcategories (Marshall & Rossman 1995).

Successful content analysis needs that the researcher will analyse and modify the info and kind of classes that mirror the topic of study in a very reliable manner (Kyngäs & Vanhanen 1999). This is often why it had been important to keep in mind the 3 key ideas and browse the info carefully as not to stray away from the context given within the answers, based on this the 3 key ideas were emerged, as per Figure 7, were physical, psychological and spiritual wellbeing. Credibility of analysis and findings additionally deals with how well the classes cowl the info (Graneheim & Lundman 2004). To increase the dependability of the study, it's necessary to demonstrate a link between the results and the knowledge (Polit & gesture 2004). This is often why the researcher should aim at describing the analysing method in the

maximum amount and details as possible when reporting the results. Appendices and tables are also used to demonstrate the links between the info and the results. To demonstrate this, the researcher of this study also used the tables to showcase the common themes and from these the outstanding ideas that arose.

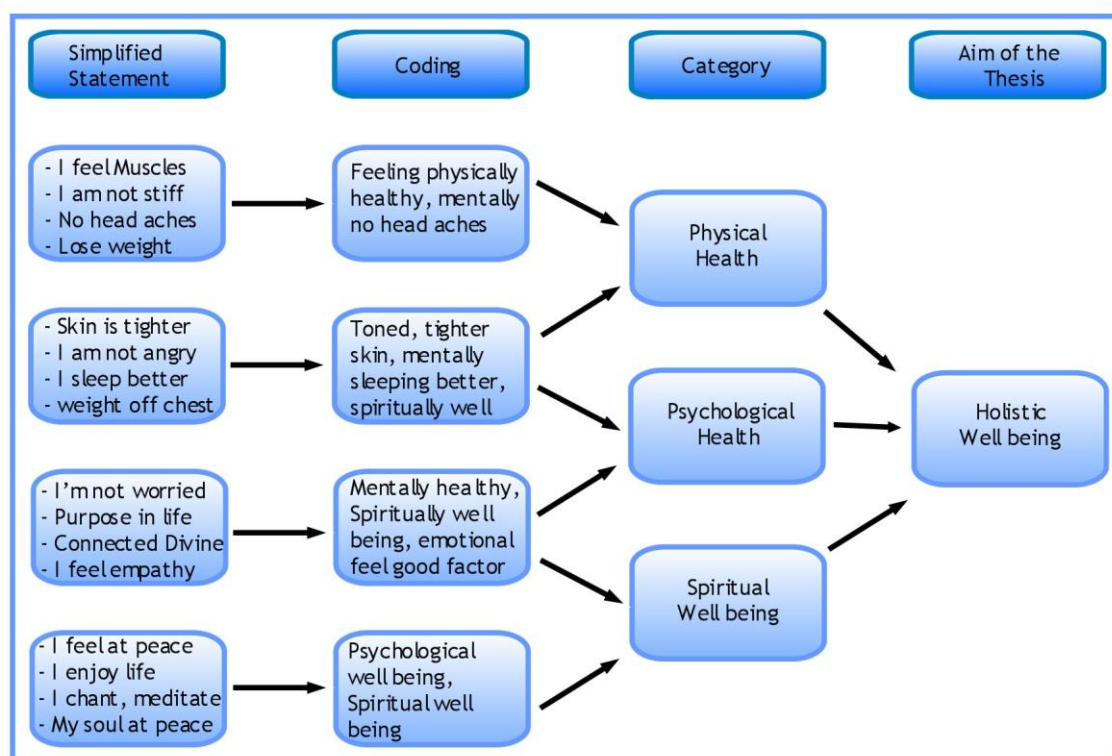


Figure 8. Representation of Coding, Categorizing, Theme originating.

The classified responses (data) gathered in line with the main ideas that were at the core of the coaching tools and embedded within the analysis question (Elo & Kyngäs (2007).

The categorization of responses in line with the ideas and themes that emerged as mentioned in Figure 6, 7 and Figure 8 above, was placed into tables. Every knowledge set has its own compilation table, thus creating the results simple to browse, compare and spot correlations (Polit & gesture 2004).

This technique additionally gave the transparency required for the readers to envision the gathered knowledge in a very simple and clear manner as it is visualized in Figure 8. By presenting the info into this fashion, it provides the transparency to the later formulated results by giving the reader the chance to verify and see the prevalence furthermore as a flashback of the info. This offers advantage to the info employed in the formulating and presenting the ultimate results (Polit & gesture 2004).

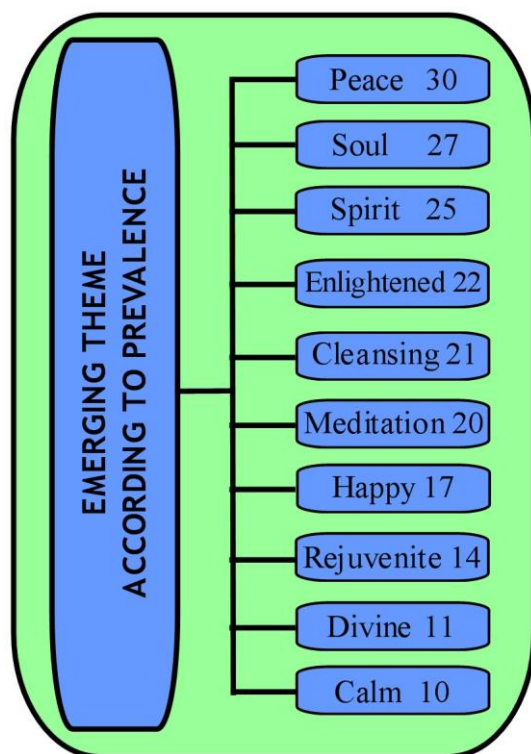


Figure 9. Emerging Theme.

From the data gathered the theme was emerging as per Figure 9. Most frequently appearing word was the “peace” followed by the soul and the spirit, further there were the enlightened, cleansing, meditation, happy, rejuvenate, divine and the calm followed. The responses from the questionnaires were sent to the yoga teachers, and also to the participants of the project. They were able to see conjointly what the answers got in the both yoga studios, additionally the teachers and the researcher went through the answers (raw data) from the primary form along to be able to gage whether or not the ideas were seen and/or already being and if therefore to what extent enforced within the studios. This implies that the researcher wasn't the only one with the access to the info.

An analytical outline of the results was to keep analysis queries at the hand and in the focus. According to Staruss and Corbin (1990) the researcher ought to assume intently regarding the analytical logic that tells the story. They saw that each analysis paper ought to have such logic therefore the purpose being that the total thesis or written analysis “will represent a writing system out of this analytic story.” (Staruss and Corbin, 1990:230).

6 Results

According to the data analysed, it became obvious that the participants found practicing yoga was helpful in relieving stress, feeling good or better about own self, increased energy and feeling happier overall. The data analysis also suggested that the participants wanted to continue the yoga practice and sessions in the future as well. While asked in relevance to the drawings or painting and explanation by the respondents, how they feel, what they experience and how they see their health is changed or still changing after practicing yoga.

As it was noticed, all the participants had positive and affirmative response in favour of continuation of the yoga, as well as they had very positive claim that yoga is helping them in feeling good and making them aware of the spiritual and whole ness, which they were not aware of it before.

Participants also responded claiming that the yoga is much better than going to a gym. In the yoga sessions, they felt more relaxed, there were nobody watching them, there were no noises of other instruments and the machines like in the gym. The participants also mentioned the relax atmosphere due to dim lights, candle scents and the relaxing music in contrast to bright lights and big open glass windows in the gym. It was also mentioned by many participants that once the yoga session was over, they felt so calm and relaxed they even fall sleep and went into the deep state of trance on many occasions. It was also mentioned by the participants that on various occasions, they did not wanted to wake up and wish they could sleep there for as long as they want to and no body wakes them up. All of the respondents answered in the favour, claiming they are more aware of how stress and worries affect their physical health and how yoga makes them feel so lighter like they are floating in the heaven, so they are somewhere else but not on the earth, not in this world but somewhere else. Plenty of participants also claimed they did not know that they could ever feel so relaxed, they stated that they noticed some muscles and parts of the body they thought could never make it relaxed or not feel. Participants stated that the part of body and muscles were sore and stiff, they could never ignore it and it was constantly in their mind, now they do not notice constantly those parts of the body being sore or stiff.

According to the research theme of wellbeing and the categories mentioned by the participant in their own words, the researcher will present results according to the three categories mentioned in Figure 7 (Categorization of Data). The results will be presented as Yoga and physical, psychological and spiritual wellbeing.

There was interesting theme appeared out of the gathered data, which were of very important in term of the concepts of the research study. The theme emerged as described in Figure 8 (Emerging Theme), was related to the main topic of the thesis as researcher wanted

to study and their importance as well as effectiveness. The concept of the themes is that they exclusively shade light on how the participants, researcher as well as the yoga teachers perceive the concept of this research study. Alongside there were some factors as well, which were of important nature which effected the concept of adopting and implementing the concept, which were highly related to the data found from the theme.

6.1 Yoga and spiritual wellbeing

Most of the all participants in this research has praised yoga and had satisfaction beyond their expectations, these are not only from the statements but they have noticed the feeling of wellbeing and the visible improvement in their physical health, bodily posture, social health and emotional balance and an improvement. Besides from these noticeably changes, many participants stated that by doing the asanas, the stiffness in their muscles has been less, they are more flexible, their pain the joints are less, they feel there is less tension in the ligaments. The effects from anatomical point of view, through positioning the body in certain poses, improved the posture, reduced the joint pain and improved flexibility. The effects were not only limited from the anatomic point of view but also physiologically, participants stated their mental health has improved, they feel better, few participants suggested they noticed improved lung function, less worries from asthma and other cardiovascular and respiratory difficulties they used to feel before.

Participants also responded claiming that the yoga is much better than going to gym. In yoga session, they felt more relaxed, there are no body watching them, there are no noise of other instruments and machines like in gym, participants also claimed the relax atmosphere due to dim lights, candle scents and the relaxing music in contrast to bright lights and big open glass windows in gym. It was also mentioned by many participants that once the yoga session was over, they felt so calm and relaxed they even fall sleep and went into the deep state of trance on many occasion. It was also mentioned by participants that on various occasion, they did not wanted to wake up and wish they could sleep there for as long as they want and no body wakes them up. All of the respondents answered in favour, claiming they are more aware of how stress and worries affect their physical health and how yoga makes them feel so lighter like they are floating in the heaven, so they are somewhere else but not on the earth, not in this world but somewhere else. Plenty of participants also claimed they did not know that they could ever feel so relaxed, they stated that they noticed some muscles and parts of the body they thought could never make it relaxed or not feel. Participants stated that the part of body and muscles were sore and stiff, they could never ignore it and it was constantly in their mind, now they do not notice constantly those parts of the body being sore or stiff.

Focusing on Here are few examples of the claims participants made, in their own words,

mental and psychological theme, almost all of the respondents reported that their stress level is much lower now, they are less irritated, their mood is stable and not fluctuating from one way to the other, they feel sense of calm within since they started the yoga sessions. Many respondents also mentioned that whenever they feel like snapping or stressed out, they can control themselves now simply by following few relaxation techniques from the yoga sessions and it instantly works, before they did not know what to do and would pace back and forth in the room and they felt like there is no air in the room, but now in the same environment, with the breathing techniques from the yoga, they feel better and not get angry and irritated. Participants also claimed that now a days their friends, relatives and the family member as well as they themselves noticed that they are not getting stressed as much as before and they can handle the pressure efficiently and still continue to perform their routine. One of them also stated that now every morning she follows the breathing techniques, just to make herself and her mind prepare for the day and this has become her routine as she feels that her days are getting better after that.

Many of the participants also stated that their mood and emotions are changing, they claimed with certainty that the yoga is affecting their overall wellbeing, not only mental wellbeing and they feel like this is the whole package for better health. According to Evans, S. et al (2009) the proof of healing is a holistically way of looking at the health, in which the body, mind, soul is nurtured to the influence of physical, emotional, spiritual and emotional wellbeing all combined.

“Well, I would like to tell you that, I feel some tingling sensation going up and down my spine, my husband even bought me the membership to the gym but I am not using it and instead I bought myself yoga card, he does not believe in yoga, but slowly by slowly he is changing his opinion after seeing me, how happy I am.” These could be categorized under spiritual wellbeing on the theme.

All of the participants mentioned that they have found the yoga is not only for body, but it is for the mental wellbeing, it promotes happiness and less worries, the connection between body and mind is complete, the bridge has been made by connecting the conscious and unconscious mind, now there is harmony, there is rhythm in life for stable mood and normal daily routine, this is what healthy lifestyle supposed to be.

Further on spiritual theme, one of the participant mentioned, *“I have found the connection between body, mind and soul, now my spiritual path is complete and I feel like connected to the divine.”*

According to Desikachar et al (2005) an appropriately chosen yoga asanas along with pranayama (breathing exercise) and meditation has proven to achieve holistic health due to healing ability of yoga, allows the prevention of diseases, improving health and recovery from many chronic diseases. Yoga can improve visible as well as invisible causes of pain which

causes suffering and ultimately affects the quality of life (Desikachar K, Bragdon L, Bossart C. (2005).

Here are the few examples of the feelings the participants expressed, in their own words.

"I used to do plenty of exercise and eat healthy food, I am vegetarian, but I did not know that I needed exercise for mind also, not just body, and the yoga is the exercise for the mind, now "I can concentrate better, I can feel the higher self-esteem, the worthiness, before I did not feel like this, I am like a super woman now." Mentions about her yoga and mental wellbeing.

According to another participants she expressed her rejuvenated as, *"It's like you throw away your old skin and wearing new skin all over again, like snake shed it's skin and new skin emerge from within, I feel like rejuvenated, I am new me."*

One of the participants said about connection between body and mind, *"I always knew there is a link between body and brain, now I can say that yoga truly works, yoga connects the body to the mind through some kind of signals, and I can feel it"*

Another participants talked about how her sleep is getting better, *"I have noticed I sleep better, I am not tired next morning, now I can really sleep, which is complete relaxed feeling in the morning, the feelings of having enough sleep, before I always felt like I did not had enough sleep, no matter how many hours I have slept, I was even sleeping in the day time and felt like no energy and sad and depressed, now I do not feel like this anymore, [mentions the name of the yoga teacher] has thought me how to live the life better, this is the real health, this is the real wellbeing."* These is the same kind of response which Serber found in his research which he conducted and mentioned in Serber (2000), participants who practiced yoga noticed improved sleep, enhanced optimism, and improved quality of life.

"[name of the yoga studio] has made my horrible life enjoyable again, I am not depressed anymore, thank you [mentions yoga teachers name] very much for showing me the light again, I have hope now."

"I have heard a lot about all the benefits of yoga, on the body and mind and on the spiritual health, so I just wanted to try it and now I am completely addicted to yoga, for many good reasons"

Several of the respondents answered that by participating in yoga sessions, they felt like they are calmer and it helps them to focus and concentrate, they felt like they are more healthier mentally, emotionally and they are more happier. In one of the respondents' words, she suggested that yoga helps her take out the pressure and stress of everyday lifestyle and the work related mental fatigue.

"When I was in the gym or doing outdoor walking, I was constantly thinking and planning and worried about what next I have to do, what needs to be done tomorrow, what about evening"

dinner and millions of other thoughts. My mind was always at work even in my free time, thinking or planning or trying to solve some other personal matters or friends or family member's problems, while I am walking or jogging. But since I have started yoga, I noticed, when I am in yoga classes or at home doing breathing exercises, I stop thinking completely about outside issues. I focus on my breathing and it's just feels so good to just listen to and communicate with your own self, I feel like I am really listening to my soul, finally I know who I am and what my soul wants me to do, what my heart and mind needed from me all these time." These claims can be compared with similar finding by Monk-Turner and Turner (2010), yoga practitioners were more likely to experience increased mental wellness, physical wellness and spiritual wellness.

All of the participants claimed that yoga is the only one and most effective way for them to feel holistically and spiritually well, they further claimed, it certainly helps to make them feel better, less stressed or sad, according to few, they are not even depressed anymore. Few participants further mentioned that they were not aware of what soul, mind and spirituality means and how it can be connected, but to their surprise, now they understand that relaxation and happiness is connected to each other, and it is must necessary to be happy to be healthy.

Almost all of the participants, collectively lauded their voice that, yoga has important role in their lifestyle, health and wellbeing. They also replied that for mental wellbeing, yoga is must and there is no alternative like sports or gym for feeling spiritually wellbeing and mentally healthy.

"Because I feel happier and look better after doing yoga, I started to buy and eat more healthier food, I am buying and eating more fruits and vegetables now than I used to, I am even making my family and friends follow the same things as me and asking them to join me in yoga and start practising yoga, I will never stop doing yoga, I feel so much better overall, from bodily image to mental and emotional feeling. I just feel good and happier now. I am also sleeping much better now. I hope this will last forever, finger crossed"

Few people stated that they do not have ups and downs in their temperament anymore, this is what normal supposed to be like, this is the real happiness, and this is the real normal mental health, no stress and positive feeling all day long, every day.

6.2 Yoga and psychological wellbeing

Many research has proved that yoga is helpful in elevating mental and psychological level. The findings and conclusion derived from this study recommends the similar kind of results.

All the respondents were asked to express their feeling and experience in how they feel about their body and what has changed in their perspective after doing yoga. All of the replied in the positive, they favoured the yoga and recommended to practice yoga to improve their posture.

“It’s like degree abandonment of the harmful things and hold the right, correct and sensible.”

Participants also responded claiming that the yoga is much better than going to gym. In yoga session, they felt more relaxed, there are no body watching them, there are no noise of other instruments and machines like in gym, participants also claimed the relax atmosphere due to dim lights, candle scents and the relaxing music in contrast to bright lights and big open glass windows in gym. It was also mentioned by many participants that once the yoga session was over, they felt so calm and relaxed they even fall sleep and went into the deep state of trance on many occasion. It was also mentioned by participants that on various occasion, they did not wanted to wake up and wish they could sleep there for as long as they want and no body wakes them up. All of the respondents answered in favour, claiming they are more aware of how stress and worries affect their physical health and how yoga makes them feel so lighter like they are floating in the heaven, so they are somewhere else but not on the earth, not in this world but somewhere else. Plenty of participants also claimed they did not know that they could ever feel so relaxed, they stated that they noticed some muscles and parts of the body they thought could never make it relaxed or not feel. Participants stated that the part of body and muscles were sore and stiff, they could never ignore it and it was constantly in their mind, now they do not notice constantly those parts of the body being sore or stiff. Here are few examples of the claims participants made, in their own words, As mentioned by Woodyard (2011), Yoga treats multiple common disorder because of its restorative, rejuvenating, and relaxing nature.

There was similar response from one of the participant in this research, claiming, *“I was always angry at my situation, I was irritated and anxious all the time and it was draining my all energy and I was tired all the time, but now I feel like calmer, I feel more energy and less anxiety”*

“after my divorce, it took me eight months to accept the new reality, I could not move on, now finally I am healed inside, my mind is heart is at peace”, mentioned another participants, on her psychological as well as emotional wellbeing.

According to Garfinkel and Schumacher (2000), apart from yoga, voluntarily regulated breathing (or pra-nayamas) practice in associated with yoga postures (or asanas) reduces anxiety. One of the participants has the similar kind of experience, *“every time I feel I am feeling agitated, I close my eyes and take ten deep breaths and follow the breathing pattern I learned*

in yoga, and instantly in less than a minute or two, I feel like a new person, it is like you took some kind of instant fix medicine and it started working right away”

Focusing on mental and psychological theme, almost all of the respondents reported that their stress level is much lower now, they are less irritated, their mood is stable and not fluctuating from one way to the other, they feel sense of calm within since they started the yoga sessions. Many respondents also mentioned that whenever they feel like snapping or stressed out, they can control themselves now simply by following few relaxation techniques from the yoga sessions and it instantly works, before they did not know what to do and would pace back at forth in the room and they felt like there is no air in the room, but now in the same environment, with the breathing techniques from the yoga, they feel better and not get angry and irritated. Participants also claimed now a days their friends, relatives and family member as well as they themselves noticed that they are not getting stressed as much as before and they can handle the pressure efficiently and still continue to perform their routine. One of them also stated that now every morning she follows the breathing techniques, just to make herself and her mind prepare for the day and this has become her routine as she feels that her days are getting better after that.

Many of the participants also stated that their mood and emotions are changing, they claimed with certainty that yoga is affecting their overall wellbeing, not only mental wellbeing and they feel like this is the whole package for better health. Few people stated that they do not have ups and downs in their temperament anymore, this is what normal supposed to be like, this is the real happiness, and this is the real normal mental health, no stress and positive feeling all day long, every day.

According to Evans, S. et al (2009) the proof of healing is a holistically way of looking at the health, in which the body, mind, soul is nurtured to the influence of physical, emotional, spiritual and emotional wellbeing all combined. *“Well, I would like to tell you that, I feel some tingling sensation going up and down my spine, my husband even bought me the membership to the gym but I am not using it and instead I bought myself yoga card, he does not believe in yoga, but slowly by slowly he is changing his opinion after seeing me, how happy I am.”*

These could be categorized under spiritual wellbeing on the theme.

All of the participants mentioned that they have found the yoga is not only for body, but it is for the mental wellbeing, it promotes happiness and less worries, the connection between body and mind is complete, the bridge has been made by connecting the conscious and unconscious mind, now there is harmony, there is rhythm in life for stable mood and normal daily routine, this is what healthy lifestyle supposed to be.

According to Desikachar et al (2005) an appropriately chosen yoga asanas along with pranayama (breathing exercise) and meditation has proven to achieve holistic health due to healing ability of yoga, allows the prevention of diseases, improving health and recovery from many chronic diseases. Yoga can improve visible as well as invisible causes of pain which

causes suffering and ultimately affects the quality of life (Desikachar K, Bragdon L, Bossart C. (2005).

"I used to do plenty of exercise and eat healthy food, I am vegetarian, but I did not know that I needed exercise for mind also, not just body, and the yoga is the exercise for the mind, now "I can concentrate better, I can feel the higher self-esteem, the worthiness, before I did not feel like this, I am like a super woman now." Mentions about her yoga and mental wellbeing.

"It's like you throw away your old skin and wearing new skin all over again, like snake shed its skin and new skin emerge from within, I feel like rejuvenated, I am new me."

One of the participants talked about how her sleep is getting better, *"I have noticed I sleep better, I am not tired next morning, now I can really sleep, which is complete relaxed feeling in the morning, the feelings of having enough sleep, before I always felt like I did not had enough sleep, no matter how many hours I have slept, I was even sleeping in the day time and felt like no energy and sad and depressed, now I do not feel like this anymore, [mentions the name of the yoga teacher] has thought me how to live the life better, this is the real health, this is the real wellbeing."* These is the same kind of response which Serber found in his research which he conducted and mentioned in Serber (2000), participants who practiced yoga noticed improved sleep, enhanced optimism, and improved quality of life. *"[name of the yoga studio] has made my horrible life enjoyable again, I am not depressed anymore, thank you [mentions yoga teachers name] very much for showing me the light again, I have hope now."*

"I always come out feeling refreshed and ready to face whatever challenges awaits you. I am proud to be considered a 'normal' now and have made it a lifestyle habit. I highly recommend it if you want to look and feel great"

Many participants responded in a way as a learning tool, according to their interview and stat analysed, many believed by just simply the Dhyana, meditation part, where they just supposed to lay down and listen to the music and try to relax, was difficult to do it. They claimed that it was not possible to concentrate and other thoughts were still coming in the mind. What part about Prana yoga (breathing exercise) they liked was, there was constant feedback and voice guiding them what to do, when to breath, when to hold the breath, how long to hold the breath and when to exhale. This kind of active participation from yoga teacher was a learning process and educational to many participants, which they can later carry on at home.

"I have heard a lot about all the benefits of yoga, on the body and mind and on the spiritual health, so I just wanted to try it and now I am completely addicted to yoga, for many good reasons"

Several of the respondents answered that by participating in yoga sessions, they felt like they are calmer and it helps them to focus and concentrate, they felt like they are more healthier

mentally, emotionally and they are more happier. In one of the respondents' words, she suggested that yoga helps her take out the pressure and stress of everyday lifestyle and the work related mental fatigue.

“When I was in the gym or doing outdoor walking, I was constantly thinking and planning and worried about what next I have to do, what needs to be done tomorrow, what about evening dinner and millions of other thoughts. My mind was always at work even in my free time, thinking or planning or trying to solve some other personal matters or friends or family member’s problems, while I am walking or jogging. But since I have started yoga, I noticed, when I am in yoga classes or at home doing breathing exercises, I stop thinking completely about outside issues. I focus on my breathing and it’s just feels so good to just listen to and communicate with your own self, I feel like I am really listening to my soul, finally I know who I am and what my soul wants me to do, what my heart and mind needed from me all these time.” These claims can be compared with similar finding by Monk-Turner and Turner (2010), yoga practitioners were more likely to experience increased mental wellness, physical wellness and spiritual wellness.

“after I moved back from Spain to Finland, I was not happy, for two years I was sad, depressed and not even talking to my neighbours or old friends, now after six months of yoga, I have made new friends as well as I am back with my old friends, and they can even tell I am happier”

All of the participants claimed that yoga is the only one and most effective way for them to feel holistically and spiritually well, they further claimed, it certainly helps to make them feel better, less stressed or sad, according to few, they are not even depressed anymore. Few participants further mentioned that they were not aware of what soul, mind and spirituality means and how it can be connected, but to their surprise, now they understand that relaxation and happiness is connected to each other, and it is must necessary to be happy to be healthy.

“before I did not know how to free my mind, I did not know how to feel so relaxed, I was always tense and heart always felt heavy, but now I feel like someone just took away the weight off my chest.”

Almost all of the participants, collectively lauded their voice that, yoga has important role in their lifestyle, health and wellbeing. They also replied that for mental wellbeing, yoga is must and there is no alternative like sports or gym for feeling spiritually wellbeing and mentally healthy.

In addition many participants also mentioned improved lung function, and refreshed by after doing pranayama yoga. Almost all participants stated that they are sleeping better, they feel in the morning after waking up that had enough rest at night. Few participants mentioned that by doing pranayama yoga and respiratory techniques, they feel less urges of having comfort food to improve their mood, they feel less craving for smoking and feel more energy throughout the day.

Most of the participants mentioned that after doing yoga, they feel more confident, it makes them feel healthier, they have stable mood throughout the day and have more energy to survive whole day.

Almost all of the participants also mentioned that yoga is helping them in reducing their stress level, mood swings, anxiety, depression and irritability, which was obvious before they started doing yoga.

Few participants affirmatively stated that their temperament is more stable, they have less mood swings and do not get irritated or angry as frequently and as fast as they used to before starting yoga, they feel happier and have many positive things to mention about yoga to others.

“My kids and friends have noticed that I am calmer and not agitated and they also mentioned that this must have to do with yoga, because since you have started yoga, you are happier, seems like.”

“Because I feel happier and look better after doing yoga, I started to buy and eat more healthier food, I am buying and eating more fruits and vegetables now than I used to, I am even making my family and friends follow the same things as me and asking them to join me in yoga and start practising yoga, I will never stop doing yoga, I feel so much better overall, from bodily image to mental and emotional feeling. I just feel good and happier now. I am also sleeping much better now. I hope this will last forever, finger crossed”

6.3 Yoga and physical wellbeing

“I think my appetite has improved, my metabolism must be better as I feel that my stomach is not bloated all the time, I do get better bowel moment every morning and I do not have constipation as often as I used to have before.”

“I always used to have headaches, but I have learned how to deal with it by just stretching and doing yoga asanas, I feel calm most of the day.”

Participants also responded claiming that the yoga is much better than going to gym. In yoga session, they felt more relaxed, there are no body watching them, there are no noise of other instruments and machines like in gym, participants also claimed the relax atmosphere due to dim lights, candle scents and the relaxing music in contrast to bright lights and big open glass windows in gym. It was also mentioned by many participants that once the yoga session was over, they felt so calm and relaxed they even fall sleep and went into the deep state of trance on many occasion. It was also mentioned by participants that on various occasion, they did not wanted to wake up and wish they could sleep there for as long as they want and no body wakes them up. All of the respondents answered in favour, claiming they are more

aware of how stress and worries affect their physical health and how yoga makes them feel so lighter like they are floating in the heaven, so they are somewhere else but not on the earth, not in this world but somewhere else. Plenty of participants also claimed they did not know that they could ever feel so relaxed, they stated that they noticed some muscles and parts of the body they thought could never make it relaxed or not feel. Participants stated that the part of body and muscles were sore and stiff, they could never ignore it and it was constantly in their mind, now they do not notice constantly those parts of the body being sore or stiff.

Here are few examples of the claims participants made, in their own words,

“in yoga session I have forgotten the muscles which were constantly in my mind, now I could relax and not feel them so stiff or painful, now I have found the way how to feel relaxed and not stiff and agitated all the time.”

“I could honestly tell you, by saying ‘ohm’ in that prolonged way, I feel the vibration in my throat, in my lungs and it feels good, I want to keep repeating this all day long”

“I’ve learned how treat my headaches with breathing exercises, I feel a lot of peace and calm inside, relaxed all day around, with lots of good things to look forward to.” This kind of experience was also mentioned by Woodyards (2011) research, yoga also has internal healing effects on glands, organs, internal systems as well as muscles by cumulative effects.

According to Evans, S. et al (2009) the proof of healing is a holistically way of looking at the health, in which the body, mind, soul is nurtured to the influence of physical, emotional, spiritual and emotional wellbeing all combined. *“Well, I would like to tell you that, I feel some tingling sensation going up and down my spine, my husband even bought me the membership to the gym but I am not using it and instead I bought myself yoga card, he does not believe in yoga, but slowly by slowly he is changing his opinion after seeing me, how happy I am.”*

These could be categorized under spiritual wellbeing on the theme.

All of the participants mentioned that they have found the yoga is not only for body, but it is for the mental wellbeing, it promotes happiness and less worries, the connection between body and mind is complete, the bridge has been made by connecting the conscious and unconscious mind, now there is harmony, there is rhythm in life for stable mood and normal daily routine, this is what healthy lifestyle supposed to be.

According to Desikachar et al (2005) an appropriately chosen yoga asanas along with pranayama (breathing exercise) and meditation has proven to achieve holistic health due to healing ability of yoga, allows the prevention of diseases, improving health and recovery from many chronic diseases. Yoga can improve visible as well as invisible causes of pain which causes suffering and ultimately affects the quality of life (Desikachar K, Bragdon L, Bossart C. (2005).

“It’s like you throw away your old skin and wearing new skin all over again, like snake shade it’s skin and new skin emerge from within, I feel like rejuvenated, I am new me.”

One of the participants talked about how her sleep is getting better, *“I have noticed I sleep better, I am not tired next morning, now I can really sleep, which is complete relaxed feeling in the morning, the feelings of having enough sleep, before I always felt like I did not had enough sleep, no matter how many hours I have slept, I was even sleeping in the day time and felt like no energy and sad and depressed, now I do not feel like this anymore, [mentions the name of the yoga teacher] has thought me how to live the life better, this is the real health, this is the real wellbeing.”* These is the same kind of response which Serber found in his research which he conducted and mentioned in Serber (2000), participants who practiced yoga noticed improved sleep, enhanced optimism, and improved quality of life. *“[name of the yoga studio] has made my horrible life enjoyable again, I am not depressed anymore, thank you [mentions yoga teachers name] very much for showing me the light again, I have hope now.”*

Few participants suggested how the yoga is different from the sports and gym and simply doing vigorous training with physical body.

Furthermore, few of the participants described as, sports and gym made them more tired and sore with muscles, as an immediate side effects, it was strain on the body and there was constant pressure to push harder and harder just on the simple mathematics of counting higher and higher number or weights to be lifted, more and more repetitions to be made, longer and longer hours or time being spent doing exercise, or even simpler counting the longer and longer distance walked or jogged.

“When I was in the gym or doing outdoor walking, I was constantly thinking and planning and worried about what next I have to do, what needs to be done tomorrow, what about evening dinner and millions of other thoughts. My mind was always at work even in my free time, thinking or planning or trying to solve some other personal matters or friends or family member’s problems, while I am walking or jogging. But since I have started yoga, I noticed, when I am in yoga classes or at home doing breathing exercises, I stop thinking completely about outside issues. I focus on my breathing and it’s just feels so good to just listen to and communicate with your own self, I feel like I am really listening to my soul, finally I know who I am and what my soul wants me to do, what my heart and mind needed from me all these time.” These claims can be compared with similar finding by Monk-Turner and Turner (2010), yoga practitioners were more likely to experience increased mental wellness, physical wellness and spiritual wellness.

“I have felt and noticed, that every time I had to sit longer hours at work, I took few minutes break to stretch my body by doing yoga poses and that helped.”

“for me the neck pain is like my constant attention seeker as long as I could remember. I have tried everything, from massage to gym and medication, and it was still temporary relief, but since I have started doing yoga, my neck does not hurt as much and as often as it

used to in the past, now my mind is not constantly engaged in thinking and worrying about the stiffness in neck and pain.”

One of the respondents mentions her upset and bronchial asthma connected risk factors for doing any fairly sports, however once starting the metabolic process techniques tailored from pranayama yoga, she feels calmer and experiences that she has less frequent episodes on short-ness of breath.

“I use to be in shortness of breath very often because of my bronchial asthma, but I feel it has been get-ting higher currently, I will feel it principally thanks to the pranayama yoga.”

Three of the participants mentioned that their external physical look has improved, they noticed losing weight, have improved look good - feel good effect in their life. They stated their muscles are more toned, their body look lean and slim and they feel stronger and healthier.

“I know this might sound outrageous but telling you the truth, I feel that my figure has improved. I do not feel or look like I am over weight and I do not constantly feel subconscious about my body image any more, I even have a tighter body, I can tell you that I look much healthier and happier. I think...!”

Most of the all participants noticed less body fatigue, reduced intensity of pain within the joints and reduced stiffness and more flexibility in the muscles. They additionally mentioned however they feel the obvious improvement in their overall body image by improved balance, stability and posture, many mentioned that they were not ready to look forward for whole working day ahead of them in the morning to go through difficulties of physical tiredness and mental fatigue, but now they are ready in the morning to take on the whatever challenges lie ahead of them at work.

“after doing yoga, I have noticed that my muscles feels more firm, which I never felt like those muscles even exists in the body.”

“Because I feel happier and look better after doing yoga, I started to buy and eat more healthier food, I am buying and eating more fruits and vegetables now than I used to, I am even making my family and friends follow the same things as me and asking them to join me in yoga and start practising yoga, I will never stop doing yoga, I feel so much better overall, from bodily image to mental and emotional feeling. I just feel good and happier now. I am also sleeping much better now. I hope this will last forever, finger crossed”

“Because I feel happier and look better after doing yoga, I started to buy and eat more healthier food, I am buying and eating more fruits and vegetables now than I used to, I am even making my family and friends follow the same things as me and asking them to join me in yoga and start practising yoga, I will never stop doing yoga, I feel so much better overall, from bodily image to mental and emotional feeling. I just feel good and happier now. I am also sleeping much better now. I hope this will last forever, finger crossed”

“I suppose my whole body perception may well be a heap higher of late. I’ll tell once I’m not in position, if my posture is dangerous or if I’m carrying things in associate degree extremely dangerous methodology. I’m lots of connected with myself.”

7 Trustworthiness

According to Sandelowski (1993) trustworthiness becomes a matter of persuasion where someone is viewed as having created those practices visible and thus auditable. She also argued that validity in qualitative studies should be coupled to not the reality or value as they are for the information. A study is trustworthy if and as long as the reader of the research report judgements and findings to relate. Trustworthiness could be further divided into two categories as validity and reliability. However, Sandelowski (1993) regarded reliability or dependability as a threat to validity or credibility, and questioned several of the same old qualitative reliability tests like member checking (returning to the participants following data analysis) or peer checking (using a panel of specialists or associate degree knowledgeable colleague to reanalyse a number of the data) as ways of making certain that the scientist has analysed the information properly. But, Guba and Lincoln (1989) regarded member checks as ‘the single most important technique for establishing credibility’. Sandelowski (1993) argued that if reality is assumed (as it typically is among the qualitative paradigm) to be ‘multiple and constructed’, then ‘repeatability isn’t an essential (or necessary or sufficient) property of the items themselves’, and we should not expect either professional researchers or respondents to make an equivalent themes and classes because the scientist. Put simply, any conceive to increase reliability involves a forced or artificial agreement and conformity within the analysis of the info, which is typically at the expense of the validity or significance of the findings. Sandelowski, therefore, rejected reliability as a helpful quality in qualitative research in favour of validity or trustworthiness. However, she was sceptical of the positivist notion that validity are often achieved by the rigorous application of technique or techniques, agreeing with Mishler (1990) that ‘validation is a smaller amount of technical downside than a deeply theoretical one’, and is ultimately ‘a matter of judgment’. During this latter statement, she is approaching the third position on the difficulty of quality in qualitative analysis, that validity is achieved through agreement on every individual study instead of by the blanket application of pre-set criteria. In the alternative hand, to make sure the trustworthiness, the role of triangulation must once more be stressed, during this context to reduce the impact of investigator bias. Detail rising method description allows the reader to work out how way the info and constructs rising from it should be accepted. In addition, the utilization of elaborate transcription techniques, schematic set up of systematic coding by suggests that of pc programs, as well as count in qualitative analysis were the modalities to make sure rigor

and trustworthiness. Finally in last that to make sure the rigor and trustiness, the qualitative researchers bear in mind to do member checking, triangulation, detailed transcription, systematic set up and commitment to writing.

8 Conclusion

The purpose of this study was to seek out whether yoga is helpful in achieving holistic wellbeing of not in general life, everyday working life and at work. The focus was mainly based on the response of participants, their experience, and their feelings.

In conclusion it may be similar feelings and experience from the holistic view point of all the participants from an inclusive manner, the implementation of latest tools and a detailed analysis through action research were conducted in this project. The most important result was that the project had led to additional discussion about the various approach and experience of the participants coming up with and implementing to feel better and healthier in their everyday lifestyle, how to deal with stress, joint pain, anxiety, breathing difficulties, stiffness, weight issues and many more.

Yoga provides attainable health benefits to those of various statuses of health. The observation and the data analysis from this study suggest that yoga can benefit in improving mood, physical health as well as spiritual health in general populations.

Yoga provides a range of styles, methods, and intensities to suit individuals with different needs and objectives, according to this study, the participants came from different age group and their purpose was different to attend the yoga. Yoga has an adaptive quality matched by few types of exercise as it is physical poses called asanas, which as per participants, improved flexibility, strength and endurance. It was noticed in this study that Yoga, mentioned by many participants, can also positively contribute to overall quality of life. It suggests that yoga may have potential as a complementary alternative source for health, particularly in preventing stiffness and healing internally, mentioned by participants.

Research studies about yoga are scarce, and additional research is needed to increase the understanding of yoga, its limitations and benefits, and its possible uses as a form of alternative therapy.

The physical improvement after performing yoga were noticed from the analysis of the data from this studies, with regular practice of asanas, it may help in normalising both physical and mental condition of the person. The muscles and bones, nervous system, respiratory and excretory system and circulatory system are coordinated in such a way as to support and facilitate the operation of each other. Asanas may help in making the body flexible and able to adapt easily to changes in the environment, stimulate the internal organs by targeting different parts of the body (Chopra, 2012). Asanas may help to keep the body in optimal condition and help people recover from fatigue and stress of everyday life, as participants suggested.

The mental and psychological experience of yoga mentioned by participants, by practicing asanas, it makes the mind stronger, able to overcome the pain and misery. Yoga might help in developing determination and concentration, as participants experienced. In the course of a regular practice of asanas balance in moods and mood swing becomes a normal, according to participants. Anxiety, stress and grief could be lowered or even eliminated by breathing techniques, mentioned by few participants as their experience. The mind calms down, the burden of life become lighter and difficulties turn into a means of achieving perfect mental health. The practice of asanas awakens dormant energies that cause others a sense of trust in the person of their radiant, and his speech, behaviour and actions bear the stamp of majesty.

According to participants, asanas are the third stage or the path of *raja yoga*, and in this respect asanas prepare the body for higher practices of yoga, namely to *pratyahara* - diversion of the senses from the objects, *dharana* - concentration, *dhyana* - meditation and *samadhi* - achievement of cosmic consciousness. In hatha yoga, which is more intimately connected with the body's preparation for higher spiritual practices, a lot of attention paid to body cleansing with the help of asanas. Detailed description of asanas given in ancient texts such as "*Hatha Yoga Pradipika*" and "*Gheranda Samhita*" . Although asanas alone cannot give spiritual enlightenment, they, nevertheless, are an important part of the spiritual path. Some people believe that the asanas - it is just a physical exercise, have no connection with spiritual development, this claim was strongly opposed by almost all participants. According to participants, for those who seek to awaken and develop their psychic abilities, asanas are almost inevitable necessity. Asanas should be seen as a form of meditation and mental purification. They must practice exactly as described in the *tantras* - with concentration of consciousness on the respective centres (*chakras*).

Asanas also helped in achieving relaxation in almost all participants. Importance of poses for relaxation cannot be over emphasized. They must be carried out immediately prior to the practice of asanas and anytime when person feels tired. In this modern age, people are exposed to all kinds of stress and anxiety and many even in their sleep, does not manages to relax and find it very difficult to have quality sleep at night. Participants found the *savasana* and *yoga Nidra* helpful after a busy day or just before going to bed, this practice was most effective.

According to the participants experience, Yoga can be an alternative concept for healthier life. Few participants also mentioned that their main purpose to attend yoga was to achieve complete recovery of the body, including, not only the physical aspect but also the spiritual purification and psychological uplifting which they experience in some ways. According to participants, such training as yoga can be considered to be effective method by which the human body gets rid of various conditions, particularly emotional conditions, which subse-

quently leads to a longer life. It is important for having medication and exercise, there is no doubt about it but let's examine what participants has described after participating in yoga, what happens to the human body during their yoga classes and afterwards. According to Harinath (2004) yoga firstly increased blood flow, which subsequently leads to a more intense metabolism, these kind of experience were mentioned by participants in this research study also. Secondly, according to Woodyard (2011) strengthening the muscles of the chest, the end result is that the breath becomes full and all tissues and organs feels fully supplied with enough oxygen was also experienced by the participants. Thirdly, there is an active exchange of energy with the whole outside world, in which the negative energy leaves the human body and the positive energy is gained, which leads to only positive feeling (Evans, S., Sternlieb, B., Tsao, J. & Zeltzer, L. 2009), these kind of or similar experience was mentioned by the participants in this study as well. It has also been observed that with regular yoga classes, according to participants, physical and emotional uplifting of person could be achieved. Usually people who are addicted to yoga, combined into groups for joint training, they make for the further acquisition of harmony and balance with the outside world mentioned by one participant and few agreed with her. According to participants experience, by doing yoga regularly, it helped her in eliminates negative thoughts and poor self-esteem. It was also mentioned by few participants what they experienced was, by practicing yoga, it helped them to eliminate anxiety at some level or in one participants case, she said, her anxiety was eliminated completely. The participants also experienced that, as a result of yoga practice, they achieved complete harmony with the surrounding world.

According to the participants, yoga can be engaged by people of all ages, and not only by women but also men. Practising yoga believed to restores and strengthens joints and ligaments resulting in pressure release on pinched nerves according to some participants experience. One of the participant experience that yoga helped her strengthens the so-called muscular corset, whose function is to maintain the spine. Yoga also believed to lose excess body fat and lose extra weight said one of the participant in this research study.

According to Waelde (2004) yoga helps in eliminates the stress state, thereby improving sleep, and overall well-being. According to participants experience, practicing yoga regularly can improve health, positive emotions and improved sleep and self-esteem. One of the participants explains how yoga helps her, as in her words, "Yoga not only has a positive impact on the physical beauty of the body from outside, or the state of health of the body, but also can help relieve stress after a hard day's work and even to bring the feeling of well-being in life."

Here are few other benefits of yoga needs to be mentioned according to participants, Stress Relief: Yoga might help to reduce the impact of stress on the body, helping it to relax and reduce cortisol in the body. Pain Relief: Regular yoga classes allow reducing the pain in the body as experienced by few participants. Few participants mentioned that they felt reduced

pain after daily meditation. Normalization of breathing: According to Morris (2005), Yoga by means of pranayama, breathing exercises, improves smooth and deep breathing, increases vital capacity and increases oxygen in the lungs, originally mentioned by Satchidananda, (1990) which few of the participants also experienced. Thus, in the body to ensure normal functioning of all organs, with enough supply of oxygen regularly, helps in achieving calm and control in stressful situations, according to Morris (2005) also experienced by many participants in this study. Flexibility: Participants have also noticed, even after the first yoga classes, in the body more flexibility, providing improved freedom of movement. Participants also experienced that yoga stretches the tendons, ligaments and muscles. Muscle strength: Yoga can target all muscle groups if specific asanas are included in routine, the muscles which are even situated deeper, which are located in close proximity to the bones claimed by few participants. Weight control: Participants mentioned that after starting yoga, they have noticed weight loss in a positive way without compromising their health but instead they like it and feel healthier. Concentration: study has also suggested that daily yoga practice helps in strengthening memory, increase response and improve coordination and concentration which was supported by the experience of the participants in this study as well.

The asanas are considered to restore the overall energy and in some cases improve the energy level, not only that but also asanas helped in eliminating the level of discomfort and pain in the joints, or scale back pain and discomfort, along with promoting healthier lifestyle.

The research also shows that it very important for the participants to feel good about themselves by building trust, relationship and confidence in clients and instructors relationship. Respondent, by feeling cared for and understood, felt safe and in excellent care of very talented yoga instructors. They expertise of yoga instructors in giving the breathing techniques and asanas, was one of the reason participants were benefited in lowering the pain and relief from stress. Posadzki and Parekh (2009) describe that this behaviour will result in a better self-image amongst the participants.

The overall experiences of yoga and the finding of this research study, supports the finding in similar studies conducted and mentioned in other studies, according to (Malathi & Damodaran, 1999; Rautaparta 2005; Manjunath et. al, 2003, among others), similar to the statements regarding the physical and psychological effects of yoga on human beings. The findings suggested that along with other health and lifestyle modification like changing in diet, eating healthier, doing regular exercise, the yoga can help in living healthier life and it is helpful in promoting the holistic wellbeing. Engaging in yoga routine and breathing techniques of pranayama, it helps in health promotion. According to participants experience, the pranayama, breathing techniques, or breathing exercises helped them relax, decrease anxiety and stable their mood. Further the participants also experienced the breathing technique really helps in reducing the symptoms of depression, as it is some short of meditation in relaxed environment, slow chanting ohm in quite room and listening to calm and relaxing yoga music.

Yoga may be conducted in several designs and with numerous impact and pace and it's potential to form the sort of exercise for the targeted desires and outcome of specific underlying problems. For example as participants experienced, for psychological gain, the meditation yoga, breathing exercises, pranayama is very much helpful. In other cases, participants who wanted to gain physical strength or flexibility or reduction in pain, suggested more asanas are helpful.

Doing yoga, teaching asanas and practicing breathing techniques, many respondents also mentioned that it is very important and valuable in work place, and it is helpful in everyday routine. Participants also experienced and suggested that because there are no heavy or bulky instruments in use, yoga could be done even in the small room at work, while on a lunch break, just to gather and gain some energy back to continue the day.

9 Discussion

9.1 Ethical considerations

Action research is more suitable and a popular research method among researchers from nursing, social and health care field compared to other research methods. The action research is helpful when it comes to do research with humans and anything related to human health, lifestyle, experience, feelings etc.

When the research study is carried out with human beings, the importance is given on the ethical issues, confidentiality and privacy.

The overall credibility and validity of any qualitative research is dependent upon the researcher following good scientific practices (Ezzy 2002, 73).

According to Ezzy (2002), in research study, ethics acts as moral duty to ensure the protection of privacy, human rights and confidentiality of the participants in the study. These may be addressed by having informed consent and protecting the privacy and anonymity by guaranteeing confidentiality. Furthermore, any participants have right to refuse the further participation in the study as well as, to drop out and withdraw from the participation, all the data and information may not be used in the any form in further data analysis. The honesty of researcher and trustworthiness should be guaranteed to the participants. As a researcher, I have followed all the protocols and process of action research, the planning, data analysis, evaluation and discussion. The interviews and content extracted from the participants to be used in the data collection method were performed by researcher and instructors. As a health care practitioner, I have always believed in the moral practice of do no harm, to me it is not acceptable that any person who comes to me for help would be in worse position than before. If I could not help person gain anything from my help, it is not only against the ethics but also against my moral to let the person lose something after seeking my help. Research offers the world a window onto our practice, according to Hippocratic Oath, - the foundation for medi-

cal ethics, “first do no harm”, and I follow the same ethics and moral from health care field into the research field. The fundamental practice of research ethics is to respect participants, seek permission, explanation from researcher as to nature and purpose of research. While these basic fundamental ethical issues are considered during the research process, there are few which are also should be taken in consideration that all the recorded personal data will be destroyed as soon as it solves its purpose, even after the research is over, the participant’s confidentiality should be maintained indefinitely. In this research there was no clinical trial of any medication or instruments to be used physically on any participants, there were mainly gathering narratives verbally, as what are the experiences of the participants before, during and after practicing yoga. Most of all participants were practicing yoga before this research started and most of all will continue the practicing of yoga as long as possible. The narrative of experience and feelings were best described as ‘I only want what is in your mind and in your heart’ David Tasma, (1947).

As mentioned by Denscombe (2003) the research subject as well as the informants should not be any worse than when the research started, “Those who contribute to research findings as informants or as research subjects, should be no worse off at the end of their participation than they were when they started.” Denscombe, M. (2003).

9.2 Further Research

In terms of future research the model on which the yoga practices are based to improve the health and wellbeing may be implemented differently in each yoga classes according to patient needs, state of the current health and the length of the practice of yoga.

This research was made completely free from competing financial interests. The highly positive feedback of the experiences from yoga is noticeable and should be considered usable in a broader aspect than it is today. Speaking in terms of redefining the health, wellbeing and holistic health and to achieve that by practicing yoga, this concept could be taken in consideration. The motivational aspects are important regarding whatever choice we make in life, not least the health related ones. As per Posadzki and Parekh (2009) suggest, integrating yoga practice in the daily lifestyle might be an interesting option. This suggestion is supported by the report made by Naidoo and Wills (2000) stating that yoga needs to be integrated with other health and wellness related areas in order to face future challenges.

Stress tolerance and stress management are words frequently brought up, both in this study and in previous yoga related researches. It might be useful to include yoga in treating depression, anxiety and stress related conditions or even stress management. Further research could involve economic aspects regarding the conducting yoga classes for people and what kind of benefits there could be on a society on a healthier level. Doing yoga in a group could have

psychological good feeling, as there could be socializing option and chances to meet new people and share the life experience with them, these could further lead in both motivating for social reasons as well as psychological, emotional feel good factor. Participants may also like studying and discussing experiences of yoga in mixed gender groups. Investigating the experiences of the participants practicing yoga could also be of interest when thinking about reassuring the quality of the life and wellbeing. A research study made out of mixed gender groups and their experiences of yoga could be interesting, since this research did not contain any male respondents.

Some health professionals like nurses, physiotherapist or even occupational therapist, who might have a comprehensive anatomical and physiological knowledge and they could choose asanas and positions to best fit the purpose and the needs of the clients for participating yoga. Furthermore, with some psychologist, psychotherapist, social workers, who sometimes prescribe the social events, groups, could also suggest certain group of yoga with people going through depression, anxiety, divorce or many other psychological illness. These asanas could be taught and trained together with the client individually or in groups. Perhaps prescribing specific yoga asanas for medical purpose along with physical activity recommendations for clients experiencing stress, pain and discomfort could be what the future holds when it comes to making society healthier, and achieving wellbeing and promoting health.

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