

Modern Development Path and Choice of Diversified Types of Yoga

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Abstract: From the initial choice of pure physical exercise such as running and bodybuilding, people have gradually changed to the cultivation of consciousness-based sports such as yoga. To realize the diversified development of yoga is an important guarantee to adapt to the development situation of national fitness movement and meet the needs of residents. It puts forward the development path of yoga fitness market in China: building Yoga organizational management system; standardizing yoga fitness market scientifically; improving the quality of yoga professionals' training; perfecting the content and structure system of yoga courses, etc. Therefore, a comprehensive analysis of the significance of the diversification of yoga movements is carried out, and the relevant development paths are discussed. The research shows that the human resources development and management of yoga movements should be strengthened, and the management should pay attention to the combination of theory and practice, integrate the theory of traditional Chinese sports health, improve the quality of teaching, expand the scale of yoga consumption, and realize the multi-consumption of yoga.

1. Introduction

Yoga and national fitness will be more closely integrated to promote the healthy and all-round development of the masses. A healthier lifestyle, the pursuit of a higher level of life - spiritual life. Therefore, on the premise that economic conditions have been met, people will become more and more concerned about their physical health and even their mental health [1]. The main principle to determine the teaching content of Yoga course is the combination of fitness and culture. On the premise of paying attention to sports skills, we should also improve the content of teaching culture. Strengthen supervision and management, standardize yoga industry organization market behavior [2]. We will rectify the yoga market and standardize the management of various forms of yoga exercise places in the society, and guide the yoga stadium enterprises to reorganize, expand the scale of enterprises, and increase market concentration. It makes the yoga movement from the inefficient primary to the advanced optimization. But the yoga program is different from the general aerobic exercise. It requires the content of breathing, body and consciousness to achieve the purpose of practice, so the complexity far exceeds the action teaching, which is why yoga teaching has its own particularity and professionalism [3].

Yoga originated in India and has a long history in India. It is one of the oldest body-building skills in the East. It was born in BC and is the crystallization of human wisdom. To realize the diversified development of yoga is conducive to meeting the needs of sports life of the general public to the greatest extent, and then to provide guarantee for the normal development of mass sports. Secondly, the diversified development of yoga is conducive to the full utilization of cultural functions and the creation of healthy, pleasant and harmonious social development environment [6]. It also plays an important reference role for other leisure sports projects to integrate resources and optimize allocation according to regional integration requirements. It also has important theoretical value for the coordinated and sustainable scientific development of leisure sports and leisure sports industry in regional integration. Trying to incorporate it into the mass sports and fitness programs for standardized management, yoga has further become the trend of China's official sports projects. Teachers are required to present in front of the students in a correct and beautiful manner, to enhance students' interest in learning and to form the appearance of movements, so as to achieve the teaching effect [7]. Therefore, in the teaching of yoga, only the direct perception of the model law

and the language-based explanation method can be combined reasonably to ensure the improvement of the teaching effect [8]. The reason why there are many different classifications above is mainly reflected in the following two aspects: First, yoga is a kind of fitness exercise with specific characteristics, which produces various kinds of different kinds of people's needs. Yoga for people to practice in a targeted manner. Second, the content of yoga fitness is numerous, and everyone has their own opinions [9].

2. Yoga Teaching

Yoga is increasingly recognized for people's fitness and mental health, and the purpose of such a wide range of sports is dazzling [10]. Yoga can exert the feminine beauty to the utmost; the meaning of health in medicine is to make the meridians of the whole body unblocked, and yoga has such effect. The excellent students can not only play an exemplary and inspiring role by leading them to practice or perform, but also be a kind of affirmation and inspiration to themselves, thus rendering the overall atmosphere of Yoga learning and mentioning the quality of teaching. Organizational management and market-oriented operation are external factors that determine the development direction and industry orientation of yoga in China. The construction of the teaching staff and the construction of the curriculum system are internal conditions that directly affect the effect of yoga in China. Its distinctive characteristics of popularity, adaptability, entertainment and the most grounded air can play an important role in the development of yoga sports. At the same time, the diversity of folk traditional sports is an important guarantee for promoting the diversified development of yoga.

Practicing yoga is very beneficial to the improvement of physical and mental health. It can make its personality more peaceful and calm. It has the effective value of fitness, heart-building and weight loss. You can extend your arms upward, try to touch the ceiling to guide the students, bring the true meaning of yoga to them, and feel every action from the heart. It has a strong attraction for college students. Yoga courses offered in Colleges and universities have significant effectiveness, and participants can benefit for life. This is a body movement, so women who pursue beauty become the main force of Yoga learning and promotion. In fact, many yoga masters in Europe, America and India are male. The survey of yoga teaching methods since the development is shown in Table 1. Therefore, the correct development concept positioning and marketing propaganda methods are very important. Finally, realizing the diversified development of yoga is an inevitable appeal of the construction and development of a socialist harmonious society, and an important way to improve the social well-being of the urban residents.

Table 1 Reform of Yoga Teaching Method

	Increase	Combination
Guiding teaching	9.50	10.51
Encouraging teaching	25.32	9.05
Stratified teaching	17.35	11.22

Unlike Aerobics in the West, yoga requires a huge amount of money, dedicated venues and complex fitness facilities, it only needs a mat and a set of yoga clothes. It can be exercised at home, at any time in units and other places, which is more suitable for China's specific national conditions, such as large population, small exercise venues and inadequate fitness facilities. Help Yoga learners to enter a peaceful and peaceful state faster, and make physical and psychological preparations for the coordination of breathing and movement in the back posture exercises. Warm-up and body exercises break the traditional teaching mode of "review before study", learn new teaching contents first, teach students later. To achieve a comprehensive planning and rational distribution of yoga resources, effectively eliminate resource competition caused by development disorder. Ensuring that different yoga sports can develop on the basis of their own carriers, and promote the healthy development of the yoga movement. The lack of supervision power of the sports system for yoga will inevitably affect the popularization of campus yoga, and some college administrators and physical education teachers still have some concerns about yoga as a school physical education

curriculum.

Yoga teachers should not only have a strong knowledge structure of Yoga Professional knowledge, but also have a broad knowledge structure of science and culture. They should have a profound knowledge structure, a wide range of knowledge, and a good understanding. Only by constantly learning and charging, can they obtain the "source of living water" of knowledge. The introduction of multimedia, videos and pictures provide students with intuitive and beautiful feelings, and improve their enthusiasm for learning. In teaching, many types can be organized. In the process of yoga practice, the exercises are mainly to strengthen the muscle stretching and increase the range of joint activities. During the practice, the practitioner is required to do soothing and relax, as the yoga practice progresses. The range of activities of the joints of the practitioners and the activities of muscles and slings are gradually increased, so that the body's softness is gradually improved.

3. Yoga Fitness Market Development

Therefore, according to the relationship between supply and demand in the market, we should develop new products and strive to improve the product structure. For example, all kinds of yoga exercises are traditional postural exercises, and they are basically conducted indoors, in a single form. They can try to develop outdoor experience courses with tourism projects, or exchange courses at home and abroad. Take the students to nature outside the noisy city to experience real yoga. With the goal of promoting yoga skills and benefiting the public, we will guide the development of fitness yoga in different categories and levels, and encourage all types of yoga and fitness clubs to locate and segment the market. Cultivate and support social diversified investment entities to enter the field of yoga industry. The survey on the efficacy of yoga exercise is shown in Table 2. Therefore, yoga is an emerging aerobic exercise that is suitable for the majority of the population to participate in very good decompression, weight reduction, and relaxation.

Table 2 Investigation on the Function of Yoga

	Sample	Proportion
Improve flexibility	32	36.36%
Fat reducing plastic body	27	30.68%
Relieve stress	29	32.95%

Yoga has changed from free competition to monopoly competition, and has become a mature, standardized and era-friendly large-scale group enterprise of monopoly competition. As a market subject, yoga can reduce market fluctuations and mitigate losses caused by fluctuations. Maintain competitiveness, establish an effective market mechanism, and improve the level and intensity of competition. In addition, most of the Yoga directors are yoga coaches. Their aggressive entry into the fitness industry is related to the passion of the current "national entrepreneurship, public innovation". Many of them do not have advanced marketing management consciousness. Strengthen the compatibility and acceptance of yoga sports culture and other cultures, and build a cultural system centered on "harmony". Ensuring that the characteristics of the era, entertainment, publicity and nationality in the yoga culture system are fully highlighted, and thus demonstrates the inclusiveness of the yoga culture. Realize healthy and sustainable development through exchanges and integration with different fields of culture.

Hope that in the process of fitness to the physical and mental sublimation, spiritual pleasure, Yoga fitness method with its advocacy of nature, balance the body and mind of the unique fitness theory, to meet the people's pursuit of spiritual life. That is, under the guidance of yoga teachers, practice uninterruptedly, correct and summarize after several groups of exercises. This kind of continuous practice helps to continue and accumulate the stimulation of posture to the body, and through the body penetrates into the psychological level, so as to achieve the purpose of practice. It is especially important to provide more residents with more choices for participating in sports and fitness activities. In the specific implementation process, it is a most effective way to strengthen the excavation and arrangement of folk yoga activities in China. The State Sports General

Administration and the Ministry of Education jointly led the establishment of an industry organization with official qualifications, covering the fitness yoga market and campus yoga, strengthening the management system of the official organization of yoga, and optimizing the system supply and public service environment.

4. Conclusion

This paper studies the modern development path and choice of diversified types of yoga. Through yoga, a self-cultivation movement, we can get a moment of peace, relief and release in our mind. Optimize the proportion of theoretical and practical class hours, increase the diversity and difficulty of advanced style, follow the train of thought from fixed to change, from foundation to development, and meet the different needs of students. The theory of fusion is learned in the practical experience, highlighting the initiative of individual self-selectivity and collective participation, focusing on fitness and heart-building, cultivating good exercise habits as a breakthrough, paying attention to the extension of practical skills, and striving to improve yoga fitness practitioners. Humanistic qualities. This not only contributes to the formation of the diversified development of yoga, but also promotes the process of building and developing a socialist harmonious society, improves the teaching level, combines Chinese fitness and yoga, and walks out a yoga with Chinese characteristics. The road to sports development and the creation of new social and economic benefits of yoga have extremely important practical significance.

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