

Abstract

Yoga is an ancient practice that originated in India and utilizes body postures, breathing techniques, moral principles and practices, as well as meditation to achieve internal peace. Over the last few decades, as yoga has increased its international popularity, many quantitative studies have been conducted to determine whether or not yoga can help to reduce stress and anxiety and consequently improve physical and mental health of participants. The purpose of my study was to expand upon previous research by conducting qualitative research on the ways in which yoga affects personal health, happiness, and well-being. Through the distribution of a questionnaire supplemented by three in-depth interviews with residents of Pune who practice yoga daily, the study aimed to gather a comprehensive understanding of the ways that yoga contributes to the daily lives of these participants. The questionnaire and interviews inquired about the impact that practicing yoga has had on participants' stress levels, aging, general happiness, sleeping patterns, sense of freedom, interpersonal relationships, attitude, and perspective of the world. Results showed that participants who completed the questionnaire as well as participants who were interviewed have experienced improved personal health, happiness, and well-being since beginning their yoga practice.