



**THE REALITY OF YOGA PRACTICE AT YOGA CENTERS  
IN TUYEN QUANG CITY**

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**Abstract:**

The study was conducted to evaluate the current situation of yoga training in yoga centers of Tuyen Quang city by using research methods and analyzing the blood biochemical indicators of yoga trainees. The results show that facilities, the qualifications of the teachers and the training frequency of the trainees is assessed at “good” and “very good” levels. The system of exercises in beginners is divided into 3 levels including easy, medium and advanced ones. In terms of exercises, they are the same with 30 main exercises and only differ in a few variations. 71 trainees were participating in the research. The number of people that have higher blood biochemical indexes than the normal one is quite high. Especially, 10 of 71 people (14.1%) have a higher glucose index than the average level; 08 of 71 trainees (11.3%) have a higher urea index than the average level; 03 of 71(4.2%) people have a higher creatinine index than the average level; Cholesterol index in 26 of 71 people (36.6%) is higher than the average level, and Triglycerid index in 22 of 71 people (31.0%) is higher than the average level.

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## THỰC TRẠNG TẬP LUYỆN YOGA TẠI CÁC TRUNG TÂM YOGA TRÊN ĐỊA BÀN THÀNH PHỐ TUYÊN QUANG

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Thông tin bài viết	Tóm tắt
<p>Ngày nhận bài: 01/08/2022</p> <p>Ngày sửa bài: 22/08/2022</p> <p>Ngày duyệt đăng: 25/10/2022</p>	<p>Bằng việc sử dụng phương pháp nghiên cứu, phân tích các chỉ số sinh hóa máu của người tham gia tập luyện. Đề tài đã đánh giá được thực trạng tập luyện Yoga tại các trung tâm Yoga trên địa bàn thành phố Tuyên Quang. Kết quả cho thấy về cơ sở vật chất, trình độ của giáo viên, việc tập luyện của người tập đều đạt ở mức “tốt” và “rất tốt”; hệ thống các bài tập dành cho người mới tập đều được chia làm 3 cấp độ: dễ, vừa và khó, các bài tập được lựa chọn cơ bản là giống nhau với 30 bài tập chính, chỉ khác nhau ở một vài bài tập biến thể. Thực trạng số người có chỉ số sinh hóa máu cao hơn mức bình thường là khá cao, cụ thể như sau: Chỉ số Glucose có 10/71 người cao hơn mức trung bình chiếm 14.1%; Chỉ số Ure có 08/71 người cao hơn mức trung bình chiếm 11.3%; Chỉ số Creatinin có 03/71 người cao hơn mức trung bình chiếm 4.2%; Chỉ số Cholesterol có 26/71 người cao hơn mức trung bình chiếm 36.6%; Chỉ số Triglycerid có 22/71 người cao hơn mức trung bình chiếm 31.0%.</p>
<p><b>Từ khóa:</b></p> <p><i>Yoga, chỉ số sinh hóa máu, luyện tập Yoga.</i></p>	

### RATIONALE

Currently, the movement towards practicing Yoga is in a highly developing course, attracting attention and participation from a lot of people. Advertisements and articles about the effects of Yoga on practitioners have appeared everywhere from radio, newspapers, television, and social networks... in which Yoga is considered an effective exercise practiced by many people, even as a cure for various kinds of human diseases. However, finding a scientific study on the influence of such a subject in Tuyen Quang, even in Vietnam, is hard, leading to controversy and doubts about the real effects of Yoga for practitioners in society. Therefore, to prove whether Yoga is effective or not, it is necessary to conduct research. From these studies, we will have a correct view and better understanding of Yoga, thereby being able to choose to practice or not

to practicing Yoga, in improving and maintaining our health, family, and society.

The main important thing when practicing this subject is the principle and discipline in each movement, each exercises, each breath, so the factors related to practice such as facilities, equipment, etc. equipment, teachers, a system of exercises ... have a great influence on the results of the exercise. Starting from the above problem, we researched the issue “*Reality of yoga practices at yoga centers of Tuyen Quang city*” as the basis of the assessment of the Effect of Yoga on the change of blood indicators of exercise participants, by which assessing the function of the organs in the body and the health of the practitioner.

**RESEARCH METHODS**

For the research, we've used the following research methods: Method of synthesis and analysis of documents, Method of interview by questionnaire, Method of pedagogical observation, Method of pedagogical examination, Method of Blood biochemistry, and Method of Mathematical and statistical.

Subject of the interview and pedagogical examination included 71 yoga practitioners from centers in Tuyen Quang province. The subjects of the blood biochemistry test included 71 yoga practitioners and 33 female instructors aged 40-60 at Tan Trao University.

**AND DISCUSSION**

To have a basis to assess the reality of Yoga practices at Yoga centers of Tuyen Quang city. We evaluate the following aspects: facilities, equipment, teachers, a system of exercises, the exercise of the practitioner, and the biochemical indicators in the blood of the practitioner. The results show the following:

1. Assessment of the current state of physical training facilities

To assess the current status of facilities for a yoga practice at Yoga centers of Tuyen Quang city, we have learned about Yoga practice centers of Tuyen Quang city and found: Currently, in Tuyen Quang city, there are many places to organize yoga practice. However, most of these training places are operating in the form of spontaneous, self-practice, without operating licenses, so they are not called centers. There are only 02 Sunflower Yoga Centers and Horiom Centers that are licensed to operate in the field of Yoga. We went directly to the facilities of 02 centers to check and calculate the number of exercise equipment, the results are as follows:

**Sunflower Yoga Center**

- Area of the gym: 250 m<sup>2</sup>, fully air-conditioned, well-lit, clean, with mirrors installed around the wall for practitioners to self-monitor and correct their movements.

- Infrastructure:

**Table 1. Facilities of Sunflower Yoga Center**

No.	Instruments	Quan.	Origin	Quality
1	Teacher Platform	01	Vietnam	Good
2	Yoga carpet	100	Vietnam	Good
3	Yoga Tiles	100	Vietnam	Good
4	Yoga ropes	20	Vietnam	Good
5	Yoga Balls	50	Vietnam	Good
6	Yoga Rings	30	Vietnam	Good
7	Yoga Hammock	ten	Vietnam	Good

**Horiom Yoga Center**

- Area of the gym: 200 m<sup>2</sup>, fully air-conditioned, good lighting and clean. There are mirrors installed

around the wall for the practitioner to monitor and correct their movements.

- Infrastructure

**Table 2. Facilities of Horiom Yoga Center**

No.	Instruments	Quan.	Origin	Quality
1	Teacher Platform	01	Vietnam	Good
2	Yoga carpet	80	Vietnam	Good
3	Yoga Tiles	80	Vietnam	Good
4	Yoga ropes	50	China	Good
5	Yoga Balls	40	Vietnam	Good
6	Yoga Rings	40	China	Good
7	Yoga Hammock	15	China	Good
8	Footrest lock	50	China	Good

Tables 1 and 2 show that the tow centers have spacious facilities and full of necessary training equipment of a Yoga practice center.

The assessment of facilities and equipment of 02 Yoga centers is also assessed through the form of interviews with practitioners. Practitioners self-review and evaluate the facilities and equipment of the center they are practicing. The results showed that 100% of people practicing in 02 Yoga centers rated the facilities and equipment of the gym as “good” and “very good”, no practitioner rated it as “normal”. ” and “not good”.

## 2. Assessing the reality of yoga exercises being used to practice

To assess the current status of yoga exercise being used to practice at 02 yoga centers, the subject has observed and recorded the exercises taught by the teachers in the practice sessions. The results show that the system of exercises used to practice at 02 Yoga centers has the same exercises including 30 exercises (Table 3).

**Table 3. The exercise system being used at 2 Sunflower and Horiom yoga centers**

No.	Exercises	Note
A	Easy level	
1	Mountain position - Tadasana	
2	Sitting Position - Utkatasana	
3	Dog on Chair Position - Variation of Downward Dog	
4	Head-Down Dog Position – Adho Mukha Svanasana	
5	Warrior Position 2 – Virabhadrasana 2	
6	Triangle position - Triconasana	
7	Tree Position - Vrksasana	
8	Bridge Position – Setu Bandha Srvangasana	
9	Extended Feet Position - Batdha Konasana	
10	Corpse Position - Savasana	
B	Medium level	
1	Planka position	
2	Chaturanga Dandasana position	
3	Head -Up Dog Position - Urdhva Savanasana	
4	Half Moon Position - Ardha Chandrasana	
5	Warrior Position 1 - Virabhadrasana 1	
6	Warrior Position 3 - Virabhadrasana 3	
7	Side Stretching Position – Parsvottanasana	
8	Dolphin Position	
9	Bow Position - Dhanurasana	
10	Camel Position - Ustrasana	
C	Advanced level	
1	Side Plank - Vasisthasana	
2	Hands Against the Wall - Adho Mukha Vrjsasana	
3	Arm on Wall - Pincha Mayurasana	
4	Crow Position - Bakasana	
5	Wheel Position – Urdhava dhanurasana	
6	Bending in seat - Paschimottanasana	
7	Variant Triangle - Parlvrtta Trikonasana	
8	Boat Position - Navasana	
9	Head Upside down - Sirsasana	
10	Shoulder upside down - Salamba Sarvangasana	

When comparing the system of exercises being used to practice at 02 Yoga centers of Tuyen Quang city with the system of exercises in 03 major Yoga centers of 03 cities in the northern region, including: : Hanoi ( Ananda Yoga Center Hanoi) , Hai Phong (Ocean Yoga), Quang Ninh (AKC Fitness Plus And Yoga Bai Chay) we found that the system of exercises for beginners is basically divided. do 3 levels: easy, medium and hard. The main selected exercises are basically the same as the 30 exercises mentioned above, with only a few variations.

When surveying the opinions of practitioners about their feelings about the exercises in 02 Yoga centers of Tuyen Quang city. The results showed that 100% of the trainees thought that the exercises given by the teacher were appropriate and very suitable for themselves. The exercise is not too difficult and not too easy to do either.

**3. Assessing the teachers’ qualifications at Yoga centers**

About the current teaching staff at 02 Yoga centers in Tuyen Quang city: the topic was examined and found that, now all are foreigners with Indian nationality. About qualifications: all have certificates issued by the Yoga Association of India, qualified to teach Yoga.

The results of the survey on the evaluation of the trainees’ qualifications for the teacher’s qualifications showed that 100% of the trainees thought that the

teacher’s level at the center was good and very good. The level of teachers is average and not good.

**4. Assessing the actual practice of the practitioners**

In order to assess the actual practice of trainees, the topic is evaluated on two aspects of the trainees, including:

Evaluating how often the trainees practice: This assessment is done through the attendance records of training sessions of 02 centers. The results show that the number of people that practice 7 sessions per week has 5/71, accounting for 7%, 6 sessions per week, 66/71, accounting for 93%. Each training session is 2 hours. With the practice time per session and the number of sessions over 1 week, the study found that practitioners at Yoga centers around Tuyen Quang city had a good sense of practice, hard work and a high sense of practice. .

Evaluation through the results of testing the trainee’s ability to perform the exercises: To assess the trainee’s ability, the topic asked teachers to evaluate the results of performing the exercises on a monthly basis, The content of the test is given by the teacher and the results are evaluated after each test with a scale of 10. The results after 5 times of testing are shown in Table 4.

**Table 4. Summary of the results of the exercisers’ ability to perform exercises**

No	Grades	Classification	People passed	Ratio %
1	9 - 10 points	Excellent	1	1.4
2	8 - close to 9	Good	14	19.7
3	7 – close to 8	Rather	46	64.8
4	6 – close to 7	above average	9	12.7
5	5 – close to 6	Medium	1	1.4
6	Less than 5	Feebleness	0	0

The above results show that after 5 months of practice, the practitioner’s ability to perform exercises in 02 Yoga centers of Tuyen Quang city is quite good. The number of people that practice at a good level or higher has 61 people, accounting for 85.9%, the average and average levels has 10 people, accounting for 14.1%, the number of people who practice at a weak level does not exist. The results show that with the support of the teachers, the efforts of the practitioners themselves, those who practice at 02 Yoga centers of Tuyen Quang city have grasped the technique and performed satisfactorily, higher than the goals of the exercises set out.

**5. Assessing the biochemical indicators in the blood of yoga practitioners at Yoga centers in Tuyen Quang city**

In order to assess the status of biochemical indicators in the blood of yoga practitioners at Yoga centers in Tuyen Quang city, the topic has cooperated with Tan Trao University General Clinic to conduct health checks and take a blood sample for testing. Examination and testing are carried out in accordance with the procedures and techniques of the Ministry of Health. The following results:

**Table 5. Comparison of the results of biochemical indicators in the blood of yoga practitioners at Yoga centers in Tuyen Quang city compared with the index average person**

No	Indicators	Result (n=71)	Average stats of normal people
1	Glucose	5.08	3.9 – 6.4
2	Urea	6.32	2.5 – 7.5
3	Creatinine	72.23	53 – 100
4	cholesterol	4.93	3.9 – 5.2
5	Triglicerid	1.59	0.46 – 1.88

The results of Table 5 show that the average index of 05 biochemical indicators in the blood including Glucose, Urea, Creatinine, Cholesterol, and Triglicerid index of yoga practitioners at Yoga centers in Tuyen Quang city all reached an average threshold compared to normal people. However, when looking specifically at each case, we found that the number of people with a higher than normal index (illness) is quite high, specifically as follows: The Glucose Index has 10/71 people higher than the average level, accounting for 14.1%; The urea index has 08/71 people higher than the average level, accounting for 11.3%; Creatinine

index has 03/71 people higher than the average level, accounting for 4.2%; Cholesterol index has 26/71 people higher than the average level, accounting for 36.6%; The Triglicerid index has 22/71 people higher than the average level, accounting for 31.0% (table 2.6). The results showed that the number of people practicing Yoga at yoga centers in Tuyen Quang city had high levels of cholesterol and triglycerides in the blood that were higher than normal, which was the cause of metabolic disorders and dangerous pathology for people with higher than the normal index (Table 6).

**Table 6. Statistics of people with higher than average index**

No	Indicators	People with higher than average stats	Ratio %
1	Glucose	ten	14.1
2	Urea	8	11.3
3	Creatinine	3	4.2
4	cholesterol	26	36.6
5	Triglicerid	22	31.0

To have a more specific look at the biochemical index in the blood of yoga practitioners at Yoga centers in Tuyen Quang city. The study randomly compared the results obtained with the results of biochemical blood tests of 33 people aged 40 - 60, female working

at Tan Trao University, during the health check-up. healthy December 2021. These people are not currently practicing or have never participated in practicing Yoga anywhere. The results are presented in Table 7.

**Table 7. Comparison of biochemical indexes in blood of yoga practitioners at Yoga centers in Tuyen Quang city with officials and employees Tan Trao University**

No.	Indicators	People gathered at the center (n=71)	Average index of female officers and employees of Tan Trao University (n=33)	P
1	Glucose	5.08	4.88	P 0.05
2	Urea	6.32	5.17	P 0.05
3	Creatinine	72.23	69.72	P 0.05
4	cholesterol	4.93	4.50	P 0.05
5	Triglicerid	1.59	1.12	P 0.05

The results of Table 7 show that the average index of 05 biochemical indicators in the blood of female officials and employees of Tan Trao University is in the average range compared to normal people. When comparing the biochemical index in the blood of yoga practitioners at Yoga centers of Tuyen Quang city, there

is a difference between the probability threshold  $P < 0.05$ . The average index of all 05 blood biochemical indicators of yoga practitioners at yoga centers of Tuyen Quang city is higher than that of female officials and employees of Tan Trao University.

**Table 8. Comparing the people with a higher than average index between yoga practitioners at yoga centers in Tuyen Quang city and female cadres, Tan Trao University staff**

No.	Indicators	People with higher than average stats			
		People gathered at the center (n=71)	Ratio %	officials and employees of Tan Trao University (n=33)	Ratio %
1	Glucose	ten	14.1	1	3.1
2	Urea	8	11.3	3	9.3
3	Creatinine	3	4.2	1	3.1
4	cholesterol	26	36.6	5	15.6
5	Triglicerid	22	31.0	3	9.4

The results of Table 8 show that the number of people with a higher index than the average of female officials and employees of Tan Trao University is less than those who practice Yoga at Yoga centers in Tuyen Quang city.

Quang Ninh (AKC Fitness Plus And Yoga Bai Chay) we found that the system of exercises for beginners is divided into 3 levels: easy, medium and difficult. The exercises selected are the same as the 30 core exercises, with only a few variations.

When examining the average age of the two groups of subjects, it was found that: the average age of female officials and employees of Tan Trao University is 44 years old, less than the average age of the yoga group of 52 years old.

3. Qualifications of teachers teaching at Yoga centers are all foreigners with Indian nationality. About qualifications: all have certificates issued by the Yoga Association of India, qualified to teach Yoga. The results of the survey on the evaluation of the trainees' qualifications for the teacher's qualifications showed that 100% of the trainees thought that the teacher's level at the center was good and very good. The level of teachers is average and not good.

Through the results of Table 7, 8 and the average age of the 2 groups, we found that, in the older age group, many people had a higher blood biochemical index than the average of the average person, especially 02 cholesterol indexes. and Triglicerid. This is consistent with studies that have been published in Medicine "Cholesterols and triglyceride levels tend to increase with age [5]."

4. The practice of the practitioner shows the number of people who have a good sense of practice, work hard and have a high sense of practice; The number of people that practice 7 sessions per week has 5/71, accounting for 7%, 6 sessions per week, 66/71, accounting for 93%. Each training session is 2 hours. When testing the trainee's ability to perform exercises, it shows that: the practitioner has grasped the technique and performed satisfactorily or above compared to the goals of the exercises set out; The number of people who practice at a good level or above has 61 people, accounting for 85.9 %, the average and good level has 10 people, accounting for 14.1%, The number of people who practice at a weak level does not exist.

**CONCLUSION**

1. Facilities: Yoga centers have spacious facilities and are full of the necessary training equipment of a Yoga practice center. These centers are assessed by practitioners as "good" and "very good", with no trainees rating "normal" and "not good".

5. Blood biochemical results of 71 people practicing Yoga at the centers showed that the Glucose Index of 10/71 people was higher than the average level, accounting for 14.1%; The urea index has 08/71

2. The yoga exercises being used to practice show that: the system of exercises used to practice for beginners is the same, including 30 mains exercises. When comparing this system of exercises in the system of exercises in 03 major Yoga centers of 03 cities in the northern region, including Hanoi ( Ananda Hanoi Yoga Center), Hai Phong (Ocean Yoga Yoga Center),

people higher than the average level, accounting for 11.3%; Creatinine index has 03/71 people higher than the average level, accounting for 4.2%; Cholesterol index has 26/71 people higher than the average level, accounting for 36.6%; The Triglicerid index has 22/71 people higher than the average level, accounting for 31.0%.

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