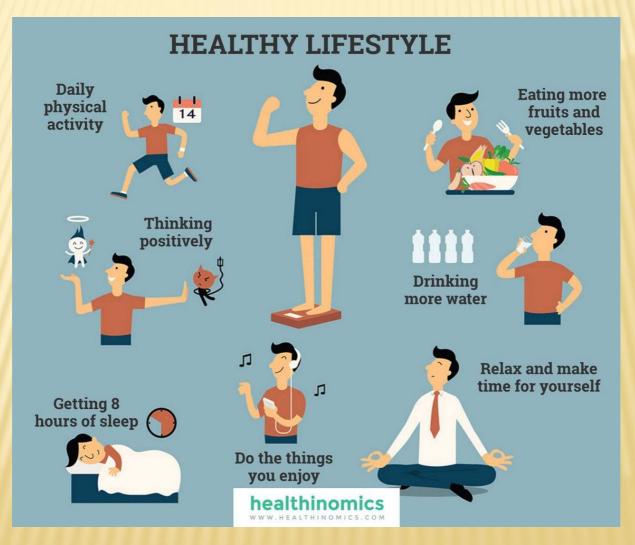
**VORONEZH N.N. BURDENKOSTATE MEDICAL UNIVERSITY** 

## GLOBALIZATION ENGLISH THROUGH MEDICINE: PRE PERFORMANCE ROUTINE AND YOGA ACTIVITIES

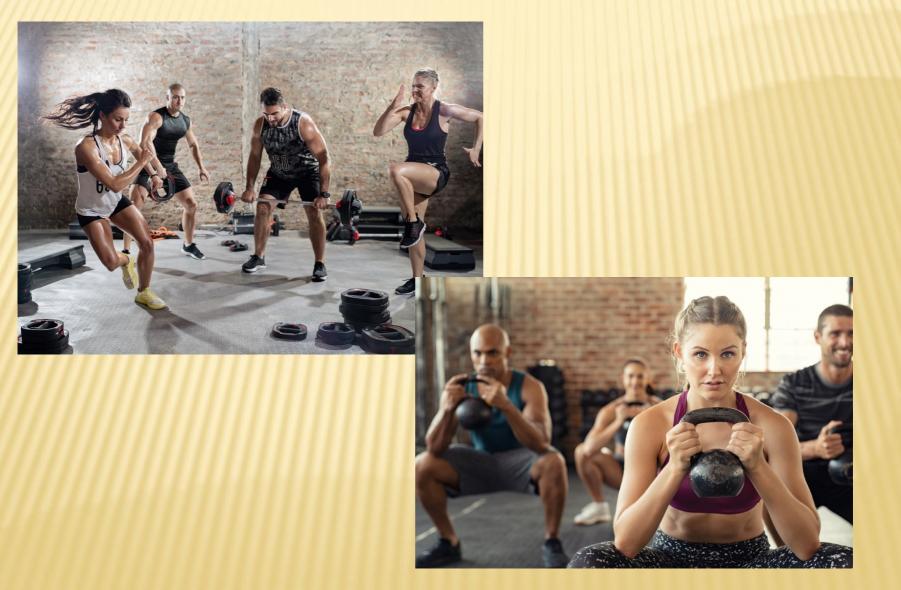
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Voronezh - 2020

#### RIGHT HABITS TO MAINTAIN A HEALTHY LIFESTYLE



### STRENGTH AND CARDIO EXERCISES



### **SPIRITUAL (MORAL) STATE OF THE BODY**



#### PRE-PERFORMANCE ROUTINE(PPR)

**PPRs** include covert (mental or psychological) and overt (physical or behavioral) elements procedures to promote optimal mental and physical states of readiness.

#### **PRE-PERFORMANCE ROUTINE(PPR)**

readying imaging focusing executing evaluating

#### THE EMPIRICAL RESEARCH HAS DEMONSTRATED

positive impact on performance maximizing attentional control regulate anxiety promote self-control and resilience

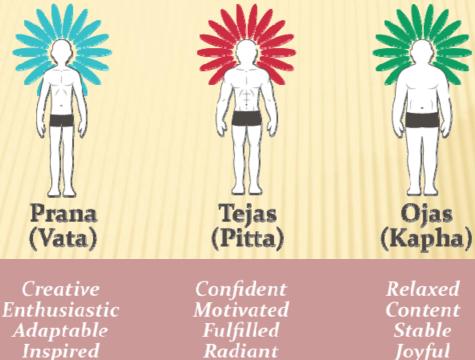




**Yoga** is another type of activity that helps a person maintain his spiritual activity.

**Yoga** is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

#### SUBTLE BREATH- PRANA





Ojas

#### **J**UNBALANCED **BALANCED**

Weak Anxious Ungrounded Disorganised **Overwhelmed** Dull and heavy *Hypersensitive* Passive Tense Stressed **Over-critical** Irritable

Fearful Weak **Hyperactive** Heavy Unmotivated Lethargic

#### **PREVENTION OF INJURIES**

alters muscle tone potential reduction of musculoskeletal injuries stress reduction

#### **REMOVING STRESS**

Distress(emotionally draining) -Harmful or unpleasant stress Eustress – Useful Stress

# **Thanks for attention!**