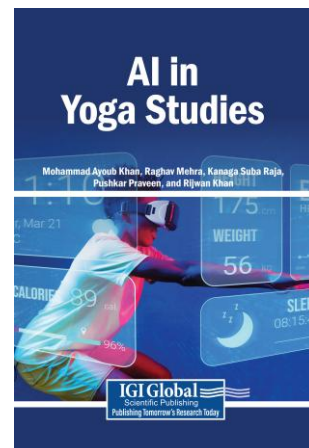


AI in Yoga Studies:

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Description:

Artificial intelligence (AI) transforms various fields, including medicine, health sciences, and psychology. In the context of yoga studies, AI offers opportunities for research, practice, and teaching by analyzing large datasets related to yogic practices, physiological responses, movement patterns, and wellness outcomes. Through technologies like machine learning, computer vision, and wearable sensors, AI enhanced personalized yoga instruction, monitors posture alignment, and supports evidence-based investigations into the physical, mental, and spiritual dimensions of yoga. As the integration of AI expands, it presents promising possibilities and important ethical considerations, making it a significant area of inquiry within contemporary yoga studies.

AI in Yoga Studies explores how AI applies to the study, practice, teaching, and research of yoga. It examines the opportunities, challenges, and ethical implications of using AI to enhance yoga instruction, analyze practitioner data, improve health outcomes, and deepen understanding of yogic practices. This book covers topics such as personalized healthcare, medical technologies, and mindfulness meditation, and is a useful resource for engineers, medical and healthcare professionals, academicians, researchers, and scientists.

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