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Description

Yoga est une science, l'art et la philosophie dont il est connu au moins 2500 à 5000 ans av. J.-C. (Samuel, 2008), de même leadership et ses principes peuvent être trouvés dans les sixième références de C.A. Lao Tzu avec Asoka, Confucius, avec Machiavel et Platon (Bass & Bass, 2009).

Cet article vise à discuter des avantages qu'il peut apporter au développement du leadership.

Résolution A / RES / 69/131 de l'Assemblée générale des Nations Unies, le 11 Décembre 2014 a proclamé la Journée internationale de Yoga, notant l'importance des individus et des populations adopter des décisions et des modes de vie plus sains propice à une bonne santé, en insistant sur le fait que la santé mondiale est un objectif de développement à long terme qui exige une coopération internationale plus étroite à travers l'échange des meilleures pratiques visant à l'adoption de modes de vie individuels qui ne comprennent pas l'excès tout type.

Reconnaissant que le yoga offre une approche holistique de la santé et de bien-être.

Reconnaissant également que diffuser largement les informations sur les avantages de la pratique du yoga serait bénéfique pour la population mondiale de la santé.

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