



“Lu Xi Yan” Yoga Studio at Zhengzhou City: New Health Culture in the Popular Cultural Society Context of China

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Abstract

Background and Aim: Yoga is a physical activity and its origins in Hindu and Buddhist Culture in ancient Indian societies. It was initiated in the context of Hinduism, involving The control of the body, mind, and concentration. It is expressed in various postures known as Yoga. Later, Yoga spread to ancient China through religious propagation and social relations. Yoga has been transformed from a religious practice into a type of physical activity. Therefore, become a health culture in response to health problems from using the body in various forms. Nowadays, Yoga has become a new kind of health culture that is widely popular. Yoga has become such an important activity in China's metropolitan fitness that it has become the new popular culture of the country, which is an important phenomenon of this research. The researcher wants to find answers to the phenomenon of Yoga as a new health culture in China today.

Materials and Methods: This is basic research using a qualitative research methodology. Data were collected in two ways, 1) document study about the history of Yoga and related socio-cultural contexts in both India and China, 2) fieldwork from the study of the phenomenon of Yoga studios in major cities in China, focusing on a case study at Lu Xi Yan”, Yoga Studio at Zhengzhou City. The main tools for data collection are questionnaires, interviews, and observational research frameworks. An essential piece of equipment is a still image recorder animation Voice and field notebook.

Results: Yoga's phenomena as a new health culture in the process of popular culture in the large cities of China is in the process of China's modernization. Yoga is integrated with the development of the city, and the rapid development of popular culture, with the urban public as the main body and the main consumption object, stimulating the consumption economy, and producing the unique female consumption economy for Yoga in China, and national fitness drives fitness Yoga. Yoga, as a space, presents a variety of lifestyles, no longer only popular sports for young people, but gradually approaches the middle-aged and elderly groups. People's pursuit of health makes Yoga form a new healthy culture.

Conclusion: (1) Yoga is a body culture. It has been changing its meaning all the time. Since the beginning, the origin of Yoga has been associated with Hinduism, Brahmanism, and Buddhism from India. (2) Yoga has been adapting to a new set of social conditions that put Yoga in a new context, including the new health culture in the context of popular Culture in China. This research presents the flexibility of Yoga culture. (3) Understanding Yoga as a new health culture. Thus, showing the relationship between Indian and Chinese cultural societies in different contexts simultaneously.

Keywords: Indian Yoga; Fitness Yoga in China; Popular Culture; New Health Culture

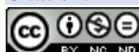
Introduction

The concept of health culture refers to the beliefs, attitudes, practices, and behaviors related to health within a particular society or community. It encompasses the values, norms, traditions, and customs that influence how individuals and communities perceive, understand, and engage with health and well-being.

Health culture has been shaped by several factors, including social, economic, environmental, and cultural influences. It reflects the shared knowledge and understanding of health, how health issues are addressed, and the strategies employed to maintain or improve health.

Yoga is a practice that originated in India and has gained significant popularity worldwide due to its numerous physical, mental, and spiritual benefits. Here are some key reasons why Yoga is considered important: Physical health, Stress Reduction, Spiritual Growth, and Lifestyle Balance.

Helman (1994) provides an overview of the interplay between culture, health, and illness. It explores how cultural beliefs, values, and practices influence health behaviors, healthcare utilization,





and the experience of illness. It emphasizes the importance of cultural competence in healthcare delivery.

Alter (2004) introduces the history of Yoga, Yoga, and the Supramental Being: Materialism, Metaphysics, and Social Reality; Science, Yoga, and Global Modernity; Yoga is moving beyond the problem of Culture and Relativism.

Yoga as a Lifestyle Choice. It examines how people adopt Yoga as a holistic lifestyle choice, incorporating its principles into their daily routines and decision-making processes. It emphasizes the integration of physical postures (asanas), breathing exercises (pranayama), meditation, and ethical guidelines (Yamas and Niyamas) to promote overall well-being. Moreover, the Yoga and community perspective focuses on the communal aspect of Yoga practice and its role in fostering a sense of belonging and community. It explores how Yoga studios, retreats, and online platforms create spaces for like-minded individuals to come together, share experiences, and develop a collective identity around Yoga as a health culture.

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The “Luxiyan” Yoga studio is one of the locations in the fitness industry in Zhengzhou, Henan Province, China, where the health environment is exceptional. In 2021, the researcher himself founded the company. It is a Yoga practice location that focuses primarily on the Indian Iyengar Yoga style. In addition, the “Luxiyan” Yoga studio is an important location for studying the relationship between Indian Yoga culture in the past and fitness Yoga as a part of popular Chinese Culture during the modernization process, as well as the gradual emergence of a new healthy culture.

1. The historical evolution of Yoga in India and its relationship to diverse contexts in China from the beginning to the present.

1.1 Yoga in Indian Culture

On the one hand, Yoga is one of the six principal schools of classical South Asian philosophy, with Patañjali’s Yoga Sutra serving as its most explicit articulation (Joseph, S., 2004). In this respect, it is as central to the intellectual history of South Asia as Aristotle’s philosophy is to that of Europe. Yoga is a contemporary form of alternative medicine and physical fitness training.

India has created the famous “Ganges River Civilization” in human history and is called the “Holy River” and “Mother of India” by the Indian people. From 1800 BC to 600 BC, the Ganges culture was at its peak, and it was also the famous Vedic era in India. Ian Whicher provides a succinct and up-to-date overview of this literature, pointing out that “with some exceptions, the secondary literature on classical Yoga can tend to be dry and repetitive, which underlines the notion that Yoga, in its authentic context, has always been an esoteric discipline taught mainly through oral tradition.” (Joseph, S., 2004)

Yoga is not a religious system; Yoga’s truth is regarded as transcendental and implausible; Yoga requires rigorous practice and self-discipline but neither faith nor ritual. A language is also a form of culture, but the process from Sanskrit to English to Chinese is increasingly biased towards defining Yoga as Yoga postures, making the practice of Yoga a highly personal and personally significant endeavor. All manifestations of Yoga are directly related to Indian modernity, and Yoga was modernized, medicalized, and transformed into a physical, cultural system in India.

1.2 Yoga in each social context of China

Yoga was first introduced to China during the Western Han Dynasty in the form of Buddhism. It first appeared in China after the classic Buddhist text “Yogi’s Discourse.” Yoga is synonymous with ‘Samatha’ or meditation and wisdom. It is also a form of religious and philosophic thought without asana practice.

Buddhism, as one of the Indian religions, places a high value on the practice of Yoga. Yoga, according to Buddhism, is any practice that belongs to meditation and meditation and achieves the corresponding physical and mental state, state of mind, or reason. Nonetheless, China has thirty years of religious prohibition. In the 1980s, modern Yoga separated itself from its religious roots and





merged with Qigong. (Zhou Weiwei, 2015) Cymbidium Yoga Qigong Meditation has become a means of pursuing longevity and health, but women are the predominant practitioners. (Li Ya Male, 2016)

When Deng Xiaoping received foreign guests on 10 October 1978, he discussed the “open policy” of my country. China was a communist society in the past and had no contact with other nations. Before that, there were obvious gaps between nations.

As a result of globalization, China is engaging in an increasing number of exchanges with other nations, laying the groundwork for cultural exchanges. Numerous Yoga masters from various nations have entered the Chinese market to promote and expand the practice of Yoga schools. To promote national fitness, the Chinese government established National Fitness Day in 2009.

The “Fitness Yoga Posture Standards (Trial)” endorsed by the Social Sports Center of the State Sports General Administration of China includes 108 fundamental fitness Yoga poses and 72 optional poses for a total of 180 poses. The body position standard is divided into nine grades ranging from easy to difficult based on the difficulty of achieving the posture. Grades 1 through 6 consist of fundamental fitness Yoga postures, while grades 7 through 9 contain optional postures. There are sixteen postures for each of the first through third grades and eighteen postures for each of the fourth through sixth grades. There are 24 poses for each grade in seventh through ninth.] combines traditional Yoga as a reference with the national conditions and public fitness needs of my country. Domestic individuals’ understanding of Yoga begins with Yoga postures. In reality, Yoga postures are only a portion of the practice. It is an ancient Indian philosophical system. Yoga is a way for ancient Indians to understand themselves and the world; it combines body and mind and is based on a philosophy of life. (Wu Yueng, 2020)

Yoga is a creation of an individual and society. In different societies, people make various modifications to Yoga, allowing it to adapt to the needs of people in various environments. In India, Yoga is a philosophical and religious system practiced by upper-class men, and it is also pursued as austerity and liberation; in ancient China, Yoga became a healthy way of life, and people even pursued reincarnation. Yoga has become a popular way for women to lose weight and maintain a healthy lifestyle as a result of modern city living. Therefore, modern society has adapted Yoga to become a method of health management that both men and women require, and Yoga has become a new health culture.

2. The phenomenon of Yoga as a new health culture in the evolution of pop culture in the largest cities of China

In the process of China’s modernization, Yoga is integrated with the development of the city and the rapid development of popular culture, with the urban public as the main body and the main consumption object, stimulating the consumption economy and generating a unique female consumption economy for Yoga in China, while national fitness drives fitness Yoga. As a space, Yoga presents a variety of lifestyles; it is no longer just a popular sport among young people but gradually attracts middle-aged and senior citizens. People’s desire for health causes Yoga to form a new culture of health.

2.1 Yoga as a Fitness Club in the Popular Culture

Yoga’s cultural development fits pop culture concepts, the process of secularization in China, the influence on Indian theology and religion has been separated, and what modern Yoga brings is scientific and practical in terms of health.

Today we pay attention to contemporary Chinese popular culture, which is produced in the process of my country’s modernization. The market rules of the merger of the socialist market economy take the urban public as the main body and the main consumer objects, and the public and fashion as the basic functions of the modern production, production, and management model, and through New cultural forms of mass media. (Moskowitz, L.M., 2011)

The popular ways of Yoga in big cities are also diverse, integrating with local urban construction, integrating into the development of Yoga health careers, and the industrial development of health care tourism. Yoga has not only undergone a radical transformation over the past century; the radical nature of this transformation has influenced the way “classical” Yoga is understood. This



understanding, in turn, has directly influenced the way Indian Culture is considered, at least in the popular imagination - almost exclusively to do with the transcendental nature of "classical" Yoga, while "modern" physical Yoga is considered a Western product of "misunderstanding", Yoga as "sports culture" is considered a product of Western "degeneration" and misunderstanding. (Jain, R.A., 2014)

When Yoga develops into popular culture, it must be different from traditional Indian Yoga. The market-oriented dissemination needs to be replicable and quickly generate economic benefits, so the popular trend of Yoga also follows the same way. Is this method suitable? Reproducibility, whether it can quickly expand the market and occupy the market share of big cities, has become the main popular direction. When Yoga becomes popular in popular culture, it needs to rely on the development of the market, so traditional Indian Yoga and modern asana Yoga will inevitably be different. It cannot be said that market-oriented management has obliterated the essence of traditional Yoga, and it is market-oriented management that makes Yoga so Accepted by the public.

Due to the acceleration of China's modernization process, China presently possesses the fundamental conditions for an open society. The relatively relaxed political and cultural climate, coupled with an open and self-assured cultural mindset, provides a powerful spiritual impetus for the growth of popular culture.

Just because China has the basic conditions for an open society, it shows an inclusive attitude towards the entry of foreign cultures, such as Yoga. The relaxed political and cultural environment and confident cultural attitudes make Yoga gradually show popular diversity, not only in China. The combination of traditional martial arts, Tai Chi, silk and satin, etc., has also produced various new practice methods with the development of the times. (Zhou Weiwei, 2015)



Picture 1: Prime Ministers of China and India talk about Tai Chi Yoga at the Temple of Heaven
Source: Central Government Portal www.gov.cn 2015-05-15 21:37

There are both cultural and economic aspects to popular culture. As a unique cultural form, it embodies the cultural and cultural economic features of the economy. The cultural economy is a relatively new concept in comparison to the material economy. It is a market confirmation of popular culture and a new consumption-based cultural form. John Fisk, in proposing the concept of "cultural economy," emphasized that all consumer goods have both practical and cultural value. In the cultural economy, the circulation process is not the turnover of money but the spread of meaning and happiness. "A consumer society cannot exist without the establishment of a market economy. If consumerist culture does not form, popular culture will lose its living space and market power. (Storey, J., 2009)

On the consumer market, Yoga classes are a commodity that can be sold externally for profit. It also possesses cultural value, which is an invisible form of consumption. Of course, the cultural value produced by Yoga can produce numerous cultural derivatives, such as Yoga clothes, Yoga equipment, Yoga pens, Yoga notebooks, Yoga cups, Yoga mats, and so on. Creating and selling these cultural concepts and cultural symbols has become a major part of modern sports consumption in big cities, and consumption is growing because the market economy will promote the continuous innovation of this cultural economy to stimulate growth. Therefore, some Yoga studios may have higher cultural and economic benefits related to Yoga than the economic value of Yoga cultural courses themselves.



Urbanization, urban spirit, and leisure are the social and environmental drivers of popular culture. The progress of the urbanization process provides the possibility to change the lifestyle of the urban masses. From the perspective of the world, urban society has gradually entered the era of leisure. Leisure activities are social activities in which people consciously express their behaviors and create good and cultural appreciation to meet various spiritual and cultural needs after completing the necessary social labor time.

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The urban leisure industry is based on tourism, culture, sports, transportation, catering, and other related industries as the main body, and it integrates tourism, entertainment, service, and cultural industries into a leisure industry system. Because it is close to life, it will follow fashion trends and conform to public customs. Habits relying on advanced science and technology help to quickly transform high-tech into productivity, so it is called a “sunrise industry” full of vitality, and the fitness and Yoga industry belongs to the sunrise industry.

Since the 18th National Congress of the Communist Party of China, under Xi Jinping’s new era of socialism with Chinese characteristics, my country’s sports industry has advanced by leaps and bounds, the sports economy has continued to expand, and the potential for sports fitness and sports consumption has been accelerated. Additionally, sports tourism is becoming a new means of people’s health and recreation.

The development trend of China’s Yoga industry, which continues to grow steadily, parallels the country’s promotion of national fitness. As the majority of Yoga practitioners in China are women, an especially female consumer group has been formed. The emergence of the “she economy” has produced a new model of consumption. Women’s consumption has become the dominant force in the Yoga industry, indicating that women’s social status, social roles, and social cognition are rising in the Chinese social environment.

2.2 Yoga as a New Health Culture in the Modern Society

As a result of the development of a new health culture, people will begin to focus on diet, work, and exercise rather than the external appearance of their bodies, resulting in a profound shift in their consumption philosophy. Currently, China’s tourism market is shifting from traditional sightseeing to leisure and vacation, and sports tourism has emerged as a new way of life. This type of sports tourism does not involve competition but rather leisure, health, and entertainment. The



connection between man and nature alleviates the stress and emotional problems of living in a modern metropolis to promote human connection. There are also many successful cases of the combination of fitness Yoga and sports and leisure, but this type of tourism is still the main body, and in the future, it may shift to sports and leisure tourism with Yoga as the main body.

Yoga is no longer only practiced by young adults. Increasing numbers of middle-aged and elderly individuals are participating. The courses for middle-aged and senior citizens are becoming increasingly specialized and professional. The National Sports Bureau has also issued pertinent policies and assessment criteria for certification. The first Yoga village in China, Yugouliang Village, must be mentioned here.



Picture 2: Yugouliang Village. Chinese Yoga Village: The old man in the village can do the splits at the age of 70 and stand on his head at the age of 80. The Chinese people's thinking is that if the tendons grow an inch, they can live for ten years. Stretching can dredge the meridians; handstands can help the body to quickly circulate blood, increase vitality, balance body hormones, and reset the body's internal organs. These poses are for Achieving the health of the body and preventing and treating diseases.

Source: Netease home page 3 April 2022

Yoga changed the fate of this "Hollow Village," "Changed and helped the lives of empty nesters. These changes not only represent an effective result of poverty alleviation but also have material gains and spiritual gains. They have a very good state of mind and health, which greatly reflects the life of the Chinese people in modern well-off society. In all aspects, it is no longer just food and clothing in the early days of reform and opening up. From the point of view of the practice of Yoga itself, it is designed for a healthy body and mind, which is part of the healthy Culture in Yoga; there is also a new social group formed because people practice Yoga; this group focuses on health and interacts with each other. Communication forms a new social and cultural phenomenon. This health culture will change with the changes in the community's awareness of health and will continue to be updated with the development of the times.

Especially during the outbreak of the new crown epidemic, Yoga is not only used in fitness to improve immunity but also in the prevention of mental illness and insomnia. The impact of the new crown epidemic has almost stagnated the entire fitness industry, but the development of online courses is a new rise and development direction, which can be used not only in the epidemic era but also for later publicity and online course development.

The practice of Yoga is also applied to other special fields, and the "universal possibilities" of Yoga are almost endless. Other elements were used in weight loss programs, reforming and relaxing incarcerated prisoners, motivating administrators, and helping drug addicts rehabilitate. Father Joe Pereira has been practicing meditation for 50 years and is active in his Kripa Foundation, applying the discipline in foundations. He is the chairman of the Kripa Foundation, an NGO in Mumbai, India. He cares about AIDS patients and drug addicts. Practicing Yoga can combat drug addiction.

With the acceptance and widespread practice of Yoga, it has been woven into people's lives and gradually changed people's way of life. Men, women, and children practicing Yoga can be seen in cities, beside roads, and on rural ridges. Yoga has formed a popular culture, a popular culture

produced in the social environment and lifestyle of modern China. With the development of society, this popular culture has been gradually adjusted to the life of modern metropolises. Chronic diseases, mental problems, Mental problems, and other sub-health are valued by people. Yoga has become a medium to explore physical health, forming a new health culture. This new health culture is gradually accepted and loved by the public and has become a trend. Therefore, popular culture and health culture have always been overlapping each other to promote development.

3. *Lu Xi Yan*”, *Yoga Studio at Zhengzhou City: New Health Culture in the Context of China’s Popular Cultural Society*

Zhengzhou is located in the north-central part of Henan Province, at the boundary between the middle and lower reaches of the Yellow River. It is located between 112°42'-114°14' east longitude and 34°16'-34°58' north latitude. The total area of the city is 7567 square kilometers. Zhengzhou is a new first-tier big city located in the core of the Central Plains. It has a long history and a modern construction and development model. The service industry and fitness industry are both booming. With the development of the local social economy, people's awareness of health has gradually increased. In the overall health environment, people are no longer satisfied with dancing square dances, going to the park to play Tai Chi and other activities, and gradually beginning to enter the gym and try equipment exercises. And study specialized courses.

Yoga group courses based on the business model of gyms; Yoga courses offered by Yoga chain stores primarily based on Yoga, including Prata equipment and Victoria's Secret plastic surgery. Sexual education courses; professional Yoga courses offered by Yoga studios or studios involving a variety of genres and private education courses.

However, no matter what the business model is, the degree of membership and professionalism of Yoga teachers is uneven, and it is difficult to use a unified standard to measure. Marketing promotion and professional inheritance can help each other but, at the same time, inhibit each other. For example, gyms mainly use equipment, and Yoga classes will not be used as the main income item, or it is just to prove that there are such courses here, and it is not possible to offer private lessons or additional charging items. This model will not be available in Yoga courses. Too much investment, so not more involved in Yoga culture. (Zhang Zhentao, 2017)

Yoga studios or chain stores that focus on Yoga mainly focus on Yoga membership courses, but the main economic income comes from the development of private education courses or other training courses. This type of Yoga studio has a large market share and a large number of people. There are many types of courses. It pays more attention to the teaching of Yoga courses, but it will focus on sales performance. Yoga studios or studios that mainly focus on Yoga courses pay great attention to professional Yoga teaching or are dominated by a certain style of Yoga. This type of Yoga studio pays great attention to the inheritance of traditional Yoga culture, but there are few people and few types of courses. The degree of difficulty will also be high, and the “Luxiyan” Yoga studio belongs to this category.



Picture 3: “Luxiyan” Yoga studio was established in May 2021. Exercise aids are a popular practice method to achieve healthy results





Source: Photo taken by Li Yinlu's mobile phone in June 202

“Iyengar Yoga” is a Yoga technique practiced and taught by the Indian master B.K. Iyengar. It is renowned for its application of science, precision, alignment, and auxiliary tools. To differentiate it from other schools, the disciples named it “Iyengar Yoga.” After the publication of his book *The Light of Yoga* in 1966, it became the “Bible” of Yoga asana practice. It was translated into eighteen languages and published globally, with cumulative sales exceeding one million copies. In this book, the eight components of Yoga are explained in detail: 1) Yama, the universal moral precepts; 2) Niyama, self-purification through self-discipline; 3) Asana; 4) Pranayama, rhythmic breathing; 5) Pratyahara, that is, the spirit is released and liberated from the slavery of the senses and external things; 6) Dharan concentration; 7) Dhyana meditation; 8) Samadhi, the transcendental awareness resulting from a deep meditation. (Iyengar, B.K.S., 2009)

Iyengar's efforts to promote Yoga were lauded by “Time” magazine as a major contribution to the global fitness movement. The British BBC Radio referred to him as “the Michelangelo of Yoga.” My Yoga learning experience is primarily based on the staged courses established by Iyengar Yoga, and the studio's courses also refer to this course system. Swami Kuvalayananda began “mass-producing” Yoga instructors in 1930 to transform the physical education curriculum in India's public schools. In China, whether on the Zhengzhou market or the national Yoga market, Yoga training typically lasts between three and five days, with the longest program lasting approximately one month. However, it takes at least six or even ten years to successfully obtain the Iyengar Yoga primary certification. As mentioned previously, the teaching and training time and content of Yoga at home and abroad are vastly different.

People pursue slimming because of obesity and then change their deep thinking about obesity, such as respiratory failure, cardiopulmonary function pressure, fatty liver, high blood pressure, diabetes, gout, sex hormone abnormalities, joint deformation, etc., caused by obesity. Start to solve the problems of these chronic diseases by practicing Yoga instead of blindly pursuing weight loss, and take health as beauty instead of thinness and morbidity as beauty.

This major shift is the result of continuous trial and error in the market, and people realize that popular aesthetics do not represent health. Especially in the three years after experiencing the new crown pneumonia epidemic, people have become more and more aware of the importance of immunity, and they are no longer eager for success in the pursuit of health but slowly shifting towards improving their own immunity. Then in Yoga, there has also been a huge change in practice. In the past, slimming and plastic classes were more popular and more popular, but now courses like Iyengar Yoga that are biased towards physical therapy are more popular. (Wang Lianxiu, 2020)

The “Luxiyan” Yoga studio follows the traditional Indian Yoga model in the course. In the course, there are chants of gratitude to the sages and OM to pay tribute. Cycle-based, with the eight limbs of Yoga as the foundation of health, self-study, and study of Yoga philosophy. A Yoga teacher is not only a teacher who teaches but also a student. As a Yoga teacher, he teaches students how to practice Yoga in the classroom. At the same time, the teacher must maintain a learning attitude, observe the physical condition of each student, and discover each person's problems and strengths. This is also a learning process. Only by constantly teaching summaries can be improved in the next class, so Yoga teachers are also students of Yoga.

Whereas traditional Yoga was a profoundly antisocial form of self-discipline, structured against human nature, modern Yoga is a modest effort that forces Yoga to locate itself from the classical texts into the history of the practice, as the practiced body is a fact of everyday life, concerned with the needs of the practitioner. Yoga's social nature is a social fact of history. The inheritance of culture is not an act or class to be expressed; rather, it is a way of life that endures over time. Under the influence of popular culture, we will return to and enhance the traditional apprenticeship model. A mentor is an individual who leads a student to the truth. There is still a substantial divide between Yoga instructors and conventional gurus. This is also the future course of our efforts. Actively develop fitness Yoga under the influence of popular trends, but continue to emphasize the significance of Yoga in health





culture, not just for body strengthening. But also to regulate emotions for the body and mind to achieve a state of lasting health. (Joseph, S., 2004).

Yoga in the Dimension of Religion	Yoga in the Dimension of New Health Culture
1. Yoga in The religious dimension is deeply rooted in specific religious traditions such as Hinduism, Buddhism, and Jainism. It often incorporates spiritual teachings, philosophical concepts, and rituals associated with these traditions.	1. Yoga in the new health culture dimension is often secularized and detached from its religious origins. While it may draw inspiration from ancient traditions, it is typically presented as a non-religious practice accessible to individuals of various backgrounds and beliefs.
2. Yoga in the religious dimension places significant emphasis on transcending the limitations of the individual self, achieving spiritual liberation, and experiencing a union with the divine or higher reality.	2. Yoga in the new health culture dimension tends to prioritize personal well-being, stress reduction, and enhancing the mind-body connection. While personal growth may still be a goal, the focus is primarily on self-improvement and holistic health within the context of contemporary living.
3. Yoga practices in the religious dimension encompass a wide range of techniques, including physical postures (asanas), breath control (pranayama), meditation, chanting, devotion, and philosophical study. These practices are often undertaken as part of a comprehensive spiritual discipline.	3. Yoga in the new health culture dimension typically emphasizes physical postures, breathing exercises, and meditation practices. It is often integrated into fitness routines, wellness programs, and stress management techniques, with an emphasis on physical health and mental well-being.
4. Practitioners may engage in Yoga as a form of worship, spiritual exploration, and deepening their connection with the divine.	4. Individuals may approach Yoga purely for its physical and mental benefits, focusing on well-being, self-care, and personal growth within a secular framework.





Conclusion

Yoga has an extraordinary effect on the human body. Yoga was created based on Indian religious beliefs and religious guidelines. Yoga is a physical activity. The spread of Yoga's religious culture to numerous countries, including Chinese Culture. Consequently, Yoga has also benefited the physical practices of Chinese Culture. According to research, however, humans have always adapted their body culture to fit their needs and the ever-changing social context. Consequently, Yoga continues to acquire new connotations. Yoga activities in China have reflected a healthy culture concerning the lifestyles of various populations. As a form of exercise, physical activity, and social activity, Yoga has been practiced. In modern society, where people live a new lifestyle in large cities, their bodies require new management. In terms of illness, Yoga can respond to needs and solve health problems. And physical fitness exercises. Thus, Yoga became a widespread culture and is now one of the most prominent popular cultures in China's major cities.

The use of Yoga in the context of Chinese society illustrates the social and cultural interactions of different periods in China, utilizing the concepts of "pop culture" and "health culture," and discusses the relationship between individuals and society based on Yoga culture. This research examines Yoga as a body culture. The practice of body postures has become mainstream. Adaptations to Yoga as a social product in large cities have produced a new wellness culture. And this new health culture has returned to the mainstream of popular culture. This research can also shed light on new findings, such as gender and age, social networking, feminism, and retirement communities. Yoga Tourism, in Addition, Yoga is a product of human culture and is continuously modified to accommodate various lifestyles and contexts, even in the culturally distinct Chinese culture. Yoga reflects human society as well. There is a mechanism for Yoga's emergence in the contemporary urban context. Yoga has emerged as a new health culture in the popular culture as a result of the Yoga Association.

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