

Framework Recommendations: The study endorses structured models like the KAPER framework to standardize remote yoga delivery, addressing variability across regions and making it more applicable for healthcare integration.

Healthcare and Wellness Applications: Findings support remote yoga’s potential as a wellness tool, especially for those with limited access to traditional yoga. We recommended customized, demographic-specific interventions to optimize effectiveness.

Limitations of Remote Yoga: While remote yoga improves accessibility, it struggles to replicate the immersive and communal experience of in-person sessions, highlighting the potential value of hybrid models.

In summary, this study advocates for adaptive, culturally aware practices and standardized delivery frameworks to enhance remote yoga’s role in healthcare. Further research should explore specific health conditions, demographic factors, and long-term impacts, positioning remote yoga as a flexible and inclusive wellness solution.

8.2 CONCLUSIONS

Integrating yoga into mainstream healthcare requires addressing the inherent variability in its practice across diverse populations. This factor-based analysis reveals significant differences in yoga preferences based on region, sex, delivery mode, and participation status. In the post-pandemic landscape, remote yoga has gained broad acceptance and is shown to be comparable to in-person practice across Eastern and Western contexts. The findings advocate for customized yoga practices to enhance both delivery and outcomes, shifting from generalized “black box” evaluations to more detailed analyses of macro- and micro-level factors that shape practice. This approach enables