

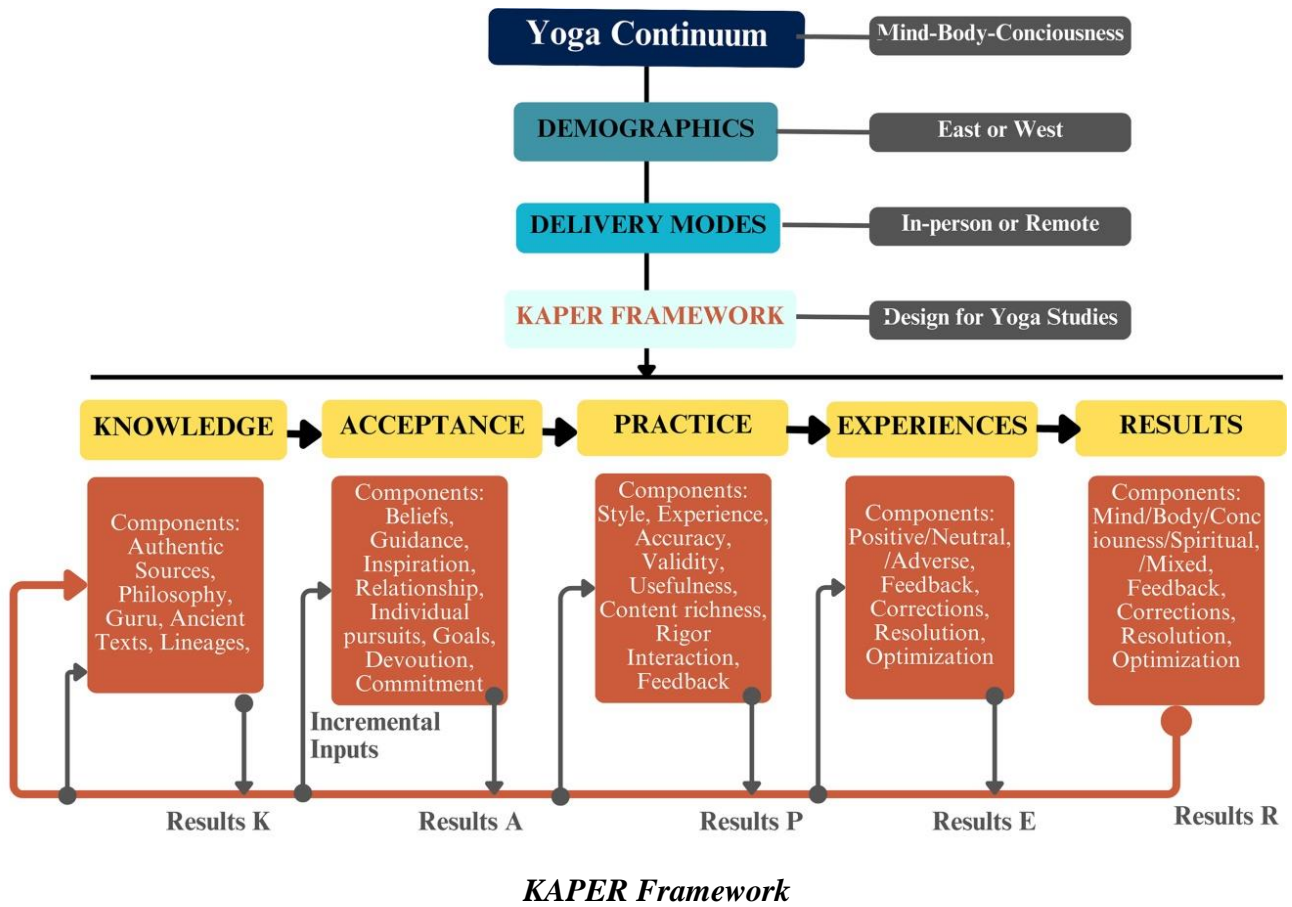
## **7.0 DISCUSSION**

### **7.1 STUDY - 1**

This study uniquely examines the adoption of remote yoga in culturally diverse populations across the East and West, addressing a notable gap in existing research. While yoga's health benefits are well-documented, prior studies often lack diversity and precise measurement, limiting their relevance for healthcare integration. Remote yoga presents unique challenges, particularly in areas such as interaction quality and reliability, which differ significantly from traditional in-person practice. This study emphasizes that remote and in-person yoga should be viewed as similar but distinct practices, necessitating careful consideration of delivery mode in yoga research.

Quantitative findings reveal a promising acceptance of remote yoga but also highlight gaps in interaction quality, reliability, and satisfaction, suggesting room for improvement. Experts validated these findings, recognizing the utility of remote yoga while emphasizing the importance of authenticity and connection.

**Figure 31**



Demographic analysis indicated significant differences between Indian and U.S. participants, underscoring the need for customized yoga practices that address specific goals and cultural needs. The study proposes the Knowledge, Acceptance, Practices, Experiences, and Results (KAPER) framework, a structured model to standardize remote yoga delivery, enabling more reliable and comparable research outcomes. The KAPER framework, as illustrated in Figure 31 emphasizes a modular approach that optimizes each stage of the yoga experience, promoting a scientifically rigorous approach to yoga interventions.

Ultimately, this research underscores the importance of moving beyond one-size-fits-all yoga interventions. Customization based on local preferences can enhance engagement and health outcomes, especially in remote settings. These insights are valuable for healthcare providers and wellness practitioners, paving the way for further cross-cultural research and inclusive health strategies that leverage yoga’s benefits in digital health.

## **7.2 STUDY – 2**

This study identifies critical factors that differentiate yoga practices, offering insights to enhance research validity and support global healthcare integration. By analyzing 2,619 participants from India and North America across region, sex, delivery mode, and participation status using 14 EPYQ subscales, this study emphasizes the need for a more nuanced approach in yoga research.

Findings reveal high engagement with breathwork, body awareness, acceptance/compassion, and health benefits, while social aspects, individual attention, and body locks received lower ratings. Regional differences were pronounced: Indian participants rated social aspects, spirituality, yoga philosophy, and individual attention higher, while U.S. participants focused on body awareness and postures, reflecting cultural influences on yoga preferences.

These results call for tailored yoga programs that respect cultural backgrounds and specific participant needs, challenging a one-size-fits-all approach. The study advocates for a data-driven, adaptive framework that reflects population diversity, aligning with prior research that highlights the essential role of tailored instruction, personalized feedback, and supportive guidance for positive outcomes. With these insights, this study supports a shift toward more tailored and inclusive online yoga practice models, positioning remote delivery as a viable, effective tool for broad, diverse audiences in global health contexts.