

# **A Study Based on The Relationship Between A Stage Drama Actor and Yoga Exercises**

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## **Abstract**

The purpose of this study to examine the importance of Yoga exercises for a stage drama actor. The main objective of yoga exercising is to gain physical and mental fitness. "Acting is the process of wondering the emotions and intelligence of the audience using the voice and the body of actor" (Polgampola, 2014). From various exercising patterns in yoga, the body can gain the appropriate physical and mental fitness. There are more than 84,000 Yoga Sana in yoga exercises. The person, who is practicing the yoga postures, aims the mind. Therefore, the neurons stimulate the brain and then the person behaves according to the brain. The person who practices yoga postures also practices "Om", from that; actor can achieve the universal energy. Then the energy of life increases and it spreads throughout the body. (Kurland, 1972). The person who does yoga moves his bones and joints flexibly. Therefore, the nervous system and the circulatory system can be kept in an optimum level. From this, the actor can successfully present his acting. Hence, yoga is vital for actors as the actors can present their acting effectively. It is important to concentrate on the stability of the mind of the actor. Physical fitness acts according to the mental stability of the actor. An actor can practice this by engaging in yoga exercises. Therefore proper practicing of yoga exercises in essential for acting. Newspapers and reference books were adopted for this abstract.

**Keywords:** Yoga, Universal energy, Yoga asana, Neurons, Om