

TRAINING AND MENTORING MODIFICATION OF SUN SALUTATION YOGA FOR OPTIMIZING QUALITY OF LIFE AND KIDNEY FUNCTION IN THE INDONESIAN BLOOD DIALYSIS PATIENT COMMUNITY, YOGYAKARTA BRANCH

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ABSTRACT

In chronic kidney disease, there is a progressive and irreversible disruption of kidney function which results in disruption of the kidney's ability to maintain metabolism and electrolyte fluid balance which causes retention of urea and nitrogenous waste in the blood. Members of the Indonesian Dialysis Patient Community (KPCDI) are part of the community members who need to be empowered to optimize their quality of life. The aim of this service activity is to conduct training on modified yoga sun salutation to optimize the quality of life at the Yogyakarta branch of KPCDI. This service activity received positive appreciation from the training participants. Most participants stated that the technique used was easy to do and clear and intended to apply this technique. It can be concluded that this activity is useful for increasing KPCDI members' knowledge about modified yoga sun salutation.

Kata Kunci: *Yoga, relaxation, kidney disease*