Kripalu Yoga in the Schools
Evidence-Based Curriculum
KYIS Definition of Yoga

Breathing exercises, postures and relaxation techniques for self-care
KYIS Curriculum Overview

- Three Modules
- 24 Lessons
- 35 Minutes Each
  - Didactic content
  - Centering and breathwork
  - Experiential activity
  - Warm-ups
  - Yoga poses
  - Integration
  - Closing
KYIS Curriculum Themes

Module 1
Self-Awareness

Module 2
Self-Management

Module 3
Integrating Yoga Skills into Everyday Life
SEL Core Competencies

- **SELF-MANAGEMENT**
  - Managing emotions and behaviors to achieve one's goals

- **SELF-AWARENESS**
  - Recognizing one's emotions and values as well as one's strengths and challenges

- **RESPONSIBLE DECISION-MAKING**
  - Making ethical, constructive choices about personal and social behavior

- **SOCIAL AWARENESS**
  - Showing understanding and empathy for others

- **RELATIONSHIP SKILLS**
  - Forming positive relationships, working in teams, dealing effectively with conflict

Social & Emotional Learning
Adolescent/School Challenges

- **Stress** (developmental, family, social, academic, societal)
- **Behavior** (apathy, violence, social skills, bullying, absenteeism)
- **Mental Health** (depression, anxiety, substance abuse, trauma)
- **Attention** (ADD, ADHD)
- **Academics** (grades, dropouts)
- **Physical Health** (obesity, diabetes)
Adolescent/School Mental Health Challenges

- 7.5% adolescent prevalence for one or more DSM-IV disorders
- The most consistent factors involve **indicators of stress**
- **Personal resources** (e.g. mastery) enhance resilience to onset

Adolescence is a critical time for cognitive and emotional development. Learning self-care tools in adolescence develops a brain that is hardwired to help teens manage stress more effectively throughout their lives.
KYIS Quantitative Research Results
Yoga in Public School Improves Adolescent Mood and Affect

From: Felver J, Butzer B, Khalsa SBS unpublished data.
Yoga Decreases Anger in Adolescents

Khalsa et al., 2012
Yoga Increases Stress Resilience in Adolescents

Khalsa et al., 2012
Yoga Decreases Fatigue in Adolescents

Khalsa et al., 2012
Yoga Improves Mental Health

- Social Stress
- Attitude toward School
- Anger
- Resilience
- Negative Affect
- Anxiety
- Anger Expression
Yoga Improves Mental Health

Yoga group

Control group

Worsening  Improving

Social Stress
Attitude toward School
Anger
Resilience
Negative Affect
Anxiety
Anger Expression
Yoga May Mitigate Decreases in High School Grades

GPA

Quarter 1  Quarter 2  Quarter 3  Quarter 4

Yoga
Control
Yoga Decreases Willingness to Smoke

Willingness to Smoke

Baseline Post-Intervention

- Yoga
- Control

3 3.05 3.1 3.15 3.2 3.25 3.3 3.35 3.4 3.45 3.5

Kripalu
KYIS Qualitative Research Results
Benefits of Yoga

- Physical
- Mental
- Relational
- Energetic
- Emotional
Yoga’s Impact

- Decreases reactivity
- Curbs negative emotions
- Increases general optimism
- Increases focus
- Breaks down social barriers
- Enhances peer-to-peer relationships
- Encourages better performance
- Encourages attendance
- Improves sleep
- Reduces stress
- Increases confidence
- Improves athletic performance
"I have been a lot more happier lately... I feel like a better person, making better choices, and staying out of trouble."

"I used breathing outside the classroom in my life to calm me down... if I was stressed or angry I would then do the breathing to calm me down and I will probably continue to do this... I was less anxious about school in general..."

"I didn’t notice it at first but I noticed since I started yoga... In term 1 my science grade was a C, but last term I got a B, and this term I’m pretty sure I have an A average right now. And I sort of feel like that’s because of yoga, because I have science immediately after yoga."

"Yoga definitely helped with sleeping ... it would take me a long time to get to sleep. When I was doing yoga it was much easier to fall asleep and stay asleep."
Research Publications
