



Yoga Research: Past, Present and Future

October 8, 2015

Kripalu 24th Annual Yoga Teachers Conference
Kripalu Center for Yoga & Health

Sat Bir S. Khalsa, Ph.D.

Assistant Professor of Medicine, Harvard Medical School

Director of Research, Kundalini Research Institute

Research Director, Kripalu Center for Yoga and Health

Editor in Chief, International Journal of Yoga Therapy

Research Associate, Benson Henry Institute for Mind Body Medicine

Yoga



“...a methodised effort towards self-perfection by the expression of the secret potentialities latent in the being ... a union of the human individual with the universal and transcendent Existence...”

Sri Aurobindo



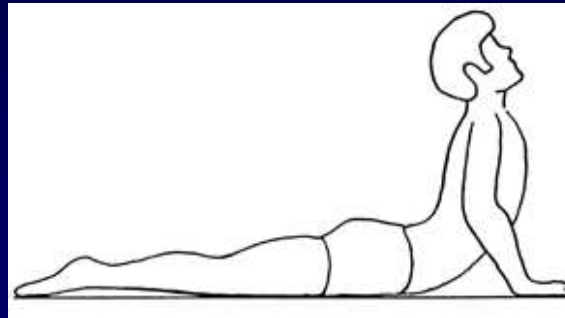
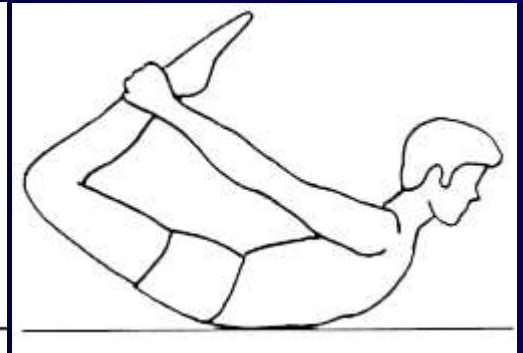
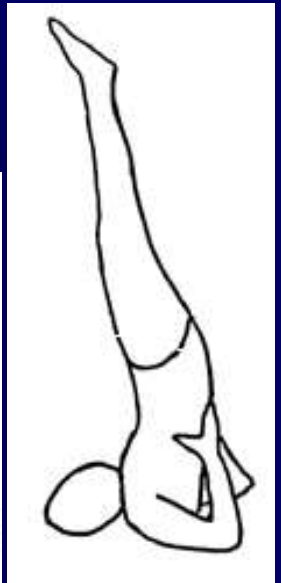


“Yoga teaches you the techniques and awareness to stay healthy. You gain strong immune, glandular and nervous systems. This foundation gives you energy and lets you deal with the mental and spiritual facets of your life.”

Yogi Bhaajan

Basic Elements of Yoga Practice

- Physical postures/exercises
- Breathing exercises
- Deep Relaxation
- Meditation



Prevalence of Yoga Practice

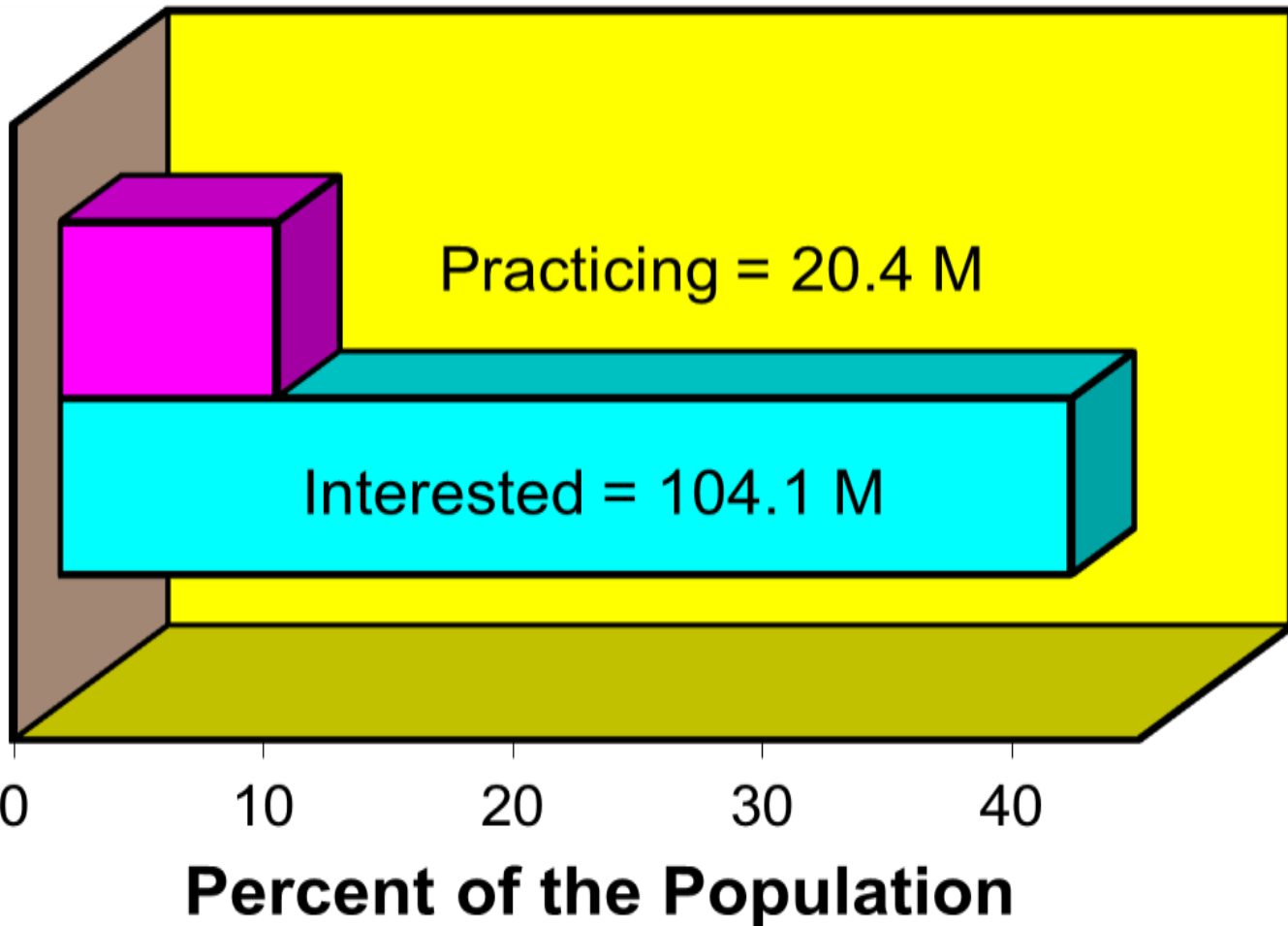


"In additon to 16 cup-holders it comes equipped with four dedicated yoga mat storage areas."

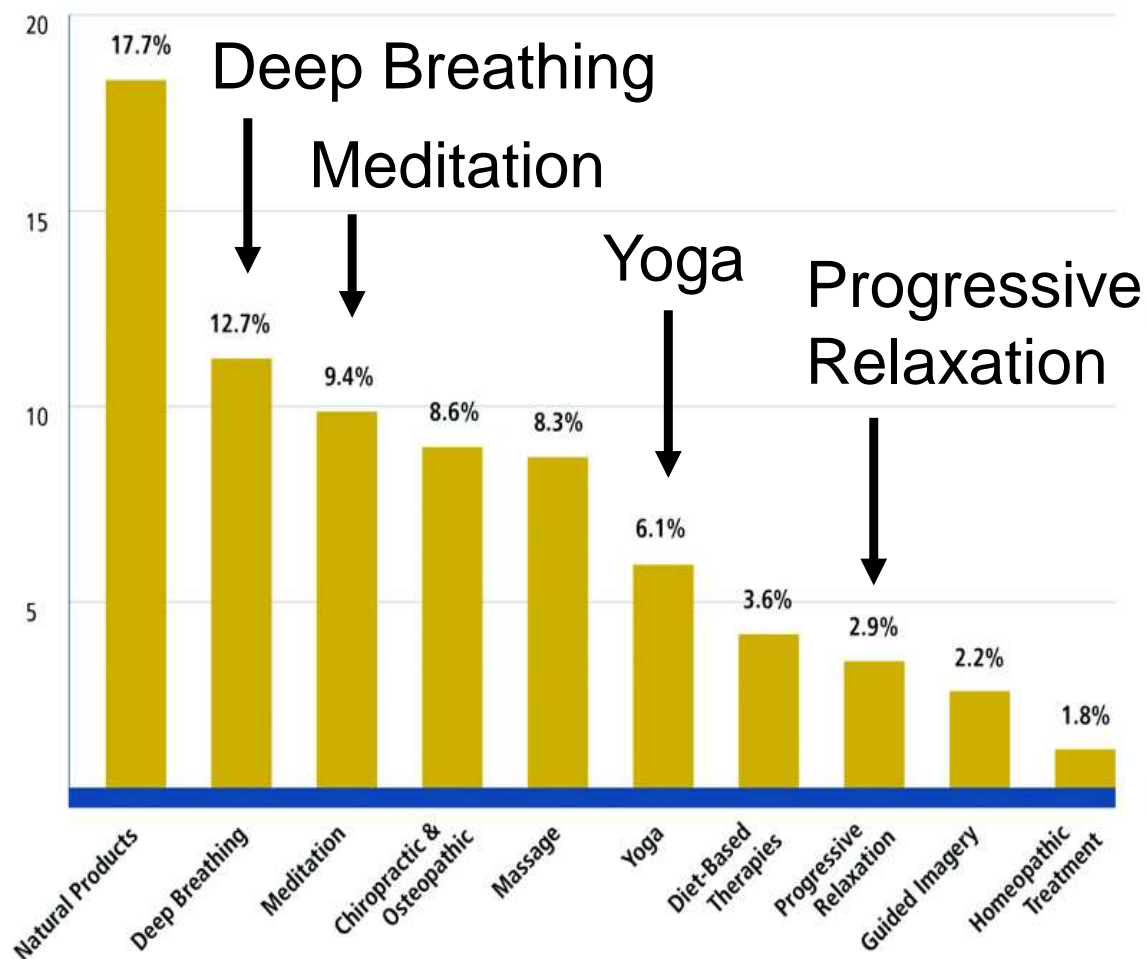
Popularity of Yoga Practice



Yoga Journal Survey 2012



10 Most Common CAM Therapies Among Adults - 2007

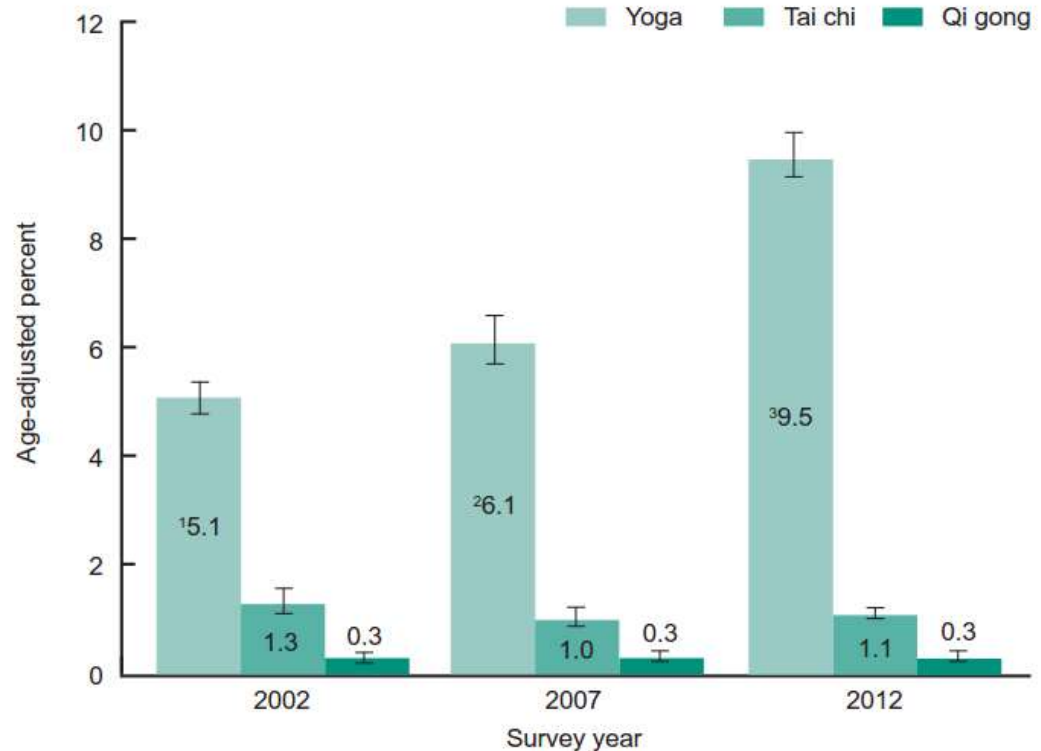


Therapies with significant increases between 2002 and 2007 are

	2002	2007
Deep breathing	11.6%	12.7%
Meditation	7.6%	9.4%
Massage	5.0%	8.3%
Yoga	5.1%	6.1%

From: *Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007*, Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12, 2008.

Yoga Practice U.S. Adult Population



I 95% confidence interval.

¹Significantly different from 2007 and 2012 ($p < 0.05$).

²Significantly different from 2012 ($p < 0.05$).

³Significantly different from 2002 and 2007 ($p < 0.05$).

NOTES: Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and four age groups: 18–24, 25–44, 45–64, and 65 and over. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.

SOURCE: CDC/NCHS, National Health Interview Survey, 2002, 2007 and 2012.

Figure 1. Use of yoga, tai chi, and qi gong among adults in the past 12 months: United States, 2002, 2007, and 2012

From: *Trends in the use of complementary health approaches among adults: United States, 2002-2012*, Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL, *National Health Statistics Report*, 79:1-16, 2015.

APRIL 23, 2001 \$3.50

EXCLUSIVE: SUB-COMMANDER
WADDLE ON HIS ORDEAL

TIME

The
Science
Of

YOGA

Millions of Americans
are discovering
this ancient exercise.
Here's the skinny
on why it makes you
feel so good.

Christy Turlington,
shown in the
Rooster pose,
has been practicing
yoga for 15 years.



www.time.com AOL Keyword: TIME

LIFE

Dogs do it, kids do it, even
Desperate Housewives
do it. Why we've become a

YOGA NATION

Actress Eva Longoria
is, yes, one-legged pigeon pose

Laura Bush, Ted Koppel, and Others on the Heartbreaking Images From the Tsunami

WEEKEND OF JANUARY

21

2001









San Francisco International Airport, California



Chicago O'Hare International Airport, Illinois



Dallas-Fort Worth International Airport, Texas



Burlington International Airport, Vermont



Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature.

...Let us work towards adopting an International Yoga Day



General Assembly

Distr.: General
9 January 2015

Sixty-ninth session
Agenda item 124

Resolution adopted by the General Assembly on 11 December 2014

[without reference to a Main Committee (A/69/L.17 and Add.1)]

69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that yoga provides a holistic approach to health and well-being,

Recognizing also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June the International Day of Yoga;
2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga;
3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

69th plenary meeting
11 December 2014

14-67019 (E)



Please recycle









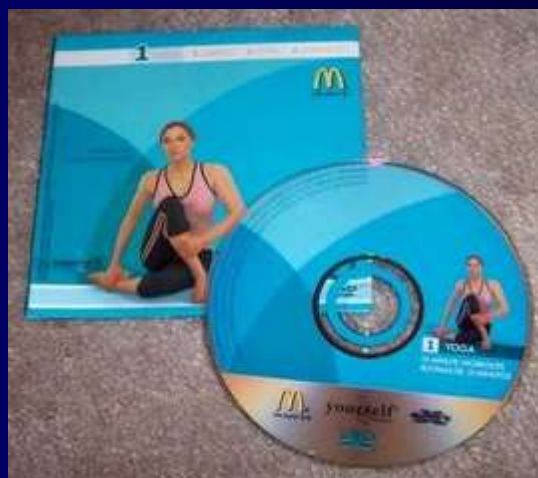





© 2007 by The Authors
Journal compilation © 2007 by Blackwell Publishing Ltd




For great mornings, take comfort in our strength.






"Thanks for getting active with me!
 I hope you're enjoying your McDonald's®
 Yourself!Fitness® Workout DVDs."


Check out this website for great ways
 to make the most of your workouts.




Try the **NEW**
 Asian Salad —
 a new way to
 cool down
 after exercise.




Click on a DVD to get more information about each workout.




1
YOGA



2
CARDIO



3
CORE



4
STRENGTH

ACHIEVE BALANCE.



1
YOGA



2
CARDIO



3
CORE



4
STRENGTH

The Go Active!™ Happy Meal® for adults features MAYA, your own virtual fitness trainer,
 who gives you a customized workout on 1 of 4 Yourself!Fitness® DVDs
 when you order any Premium Salad and drink.*

I do yoga in my suite. Doctor's orders.
It's a good conversation starter at
breakfast. Almost as good as the
complimentary waffles.



Every stay includes a spacious suite and plenty of complimentary extras throughout the hotel, like high-speed internet access, hot breakfast, beverages and a light meal Monday-Thursday evenings. Not to mention the chance to connect with a few people just like you. Hey, just because you're on the road for weeks at a time doesn't mean you have to go it alone.



**HOMWOOD
SUITES**
— Hilton —

Make Yourself at Home.®

The Hilton Family



Hilton HHonors
Member Rewards

homewoodsuites.com 1-800-CALL-HOME

© 2013 Hilton Worldwide. All rights reserved. "Hilton" and "Hilton Hotels" are registered trademarks of Hilton Worldwide. "Hilton" and "Hilton Hotels" are registered trademarks of Hilton Worldwide. "Hilton" and "Hilton Hotels" are registered trademarks of Hilton Worldwide. "Hilton" and "Hilton Hotels" are registered trademarks of Hilton Worldwide. "Hilton" and "Hilton Hotels" are registered trademarks of Hilton Worldwide.

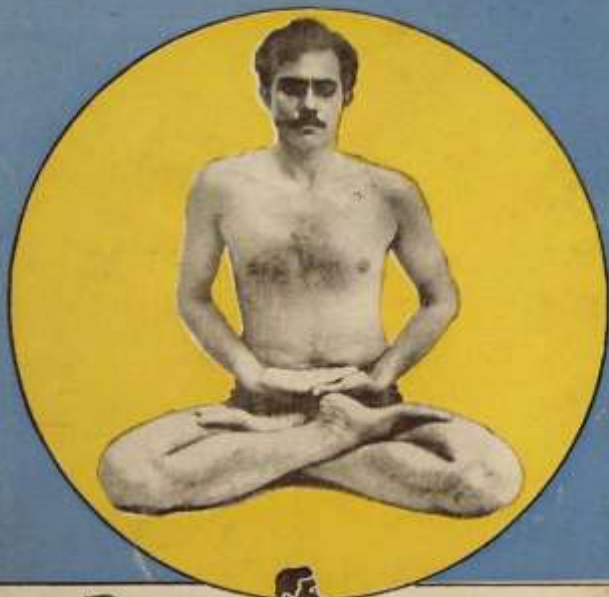
I do yoga in my suite.
Doctor's orders.



*"Frankly, counsellor, I don't care how stressful this is for your client—
tell him to get out of that damn yoga position."*

Prevalence of Yoga as Therapy

YOGIC THERAPY



SWAMI KUALAYANANDA AND DR. S.L.VINEKAR



CENTRAL HEALTH EDUCATION BUREAU
DIRECTORATE GENERAL OF HEALTH SERVICES
KOTLA ROAD, NEW DELHI.



"Read this to find out why we teach our patients YOGA."
—Mehmet Oz, M.D., author of *YOU: The Owner's Manual*



YOGA AS MEDICINE

THE YOGIC PRESCRIPTION
FOR HEALTH AND HEALING



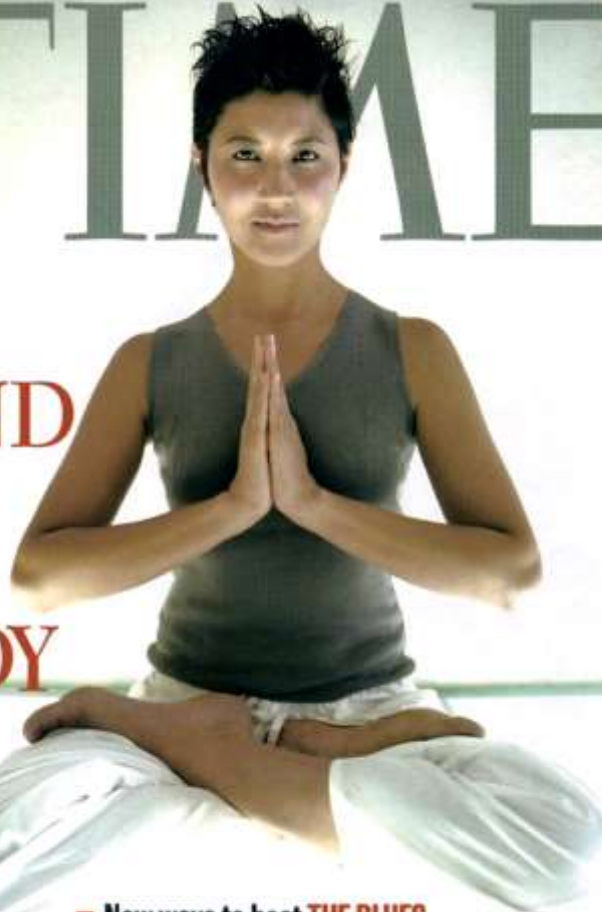
A Yoga Journal Book
by Timothy McCall, M.D.

JANUARY 20, 2003

www.time.com AOL Keyword: TIME

SPECIAL ISSUE TIME

HOW
YOUR
MIND
CAN
HEAL
YOUR
BODY



- New ways to beat **THE BLUES**
- The link between **MENTAL** and **PHYSICAL HEALTH**
- Is **HAPPINESS** in your genes?
- Women, men and **DEPRESSION**



ADVERTISEMENT

The Perfect Post-Yoga Snack

AFTER YOGA CLASS TRY THIS DELICIOUS, EASY-TO-MAKE SMOOTHIE PACKED WITH GREAT FLAVORS.

Mixed Berry Smoothie

Super taste, certainly. But this smoothie also contains "super foods"—berries rich in vitamins and antioxidants.

MAKES ONE 12-OUNCE SERVING

- 1/3 cup orange juice
- 1/3 cup fresh strawberries (about 5 medium)
- 1/3 cup fresh raspberries
- 1/3 cup fresh blueberries
- 1 cup ice cubes

1. Combine all ingredients in a blender and process on high speed until smooth, about 45 seconds. Pour into a glass and enjoy.

Talk to your doctor before starting any diet or exercise program.

Can't make it to yoga class? Carve out a few minutes a day to meditate. Here are some easy tips to get you started:

1. **Add meditation to your routine.** Set aside at least 5–10 minutes twice a day for quiet reflection.
2. **Set the right mood.** Choose a quiet room in your house that allows you to tune out noise. And turn off all devices that might interrupt you.
3. **Be mindful of breathing.** Let your whole body relax as you begin to take deep breaths—it will help you focus on your meditation.

To find more everyday recipes you might be interested in, go to www.EverydayBite.com.

www.everydaybite.com is a property of Hearst Communications, Inc. and is neither owned nor controlled by Pfizer. Pfizer is not responsible for the content or services of this site.

Can't make it to yoga class? Carve out a few minutes a day to meditate. Here are some easy tips to get you started:

1. **Add meditation to your routine.** Set aside at least 5–10 minutes twice a day for quiet reflection.
2. **Set the right mood.** Choose a quiet room in your house that allows you to tune out noise. And turn off all devices that might interrupt you.
3. **Be mindful of breathing.** Let your whole body relax as you begin to take deep breaths—it will help you focus on your meditation.

ADVERTISEMENT

The Perfect Post-Yoga Snack

AFTER YOGA CLASS TRY THIS DELICIOUS, EASY-TO-MAKE SMOOTHIE PACKED WITH GREAT FLAVORS.

Mixed Berry Smoothie

Super taste, certainly. But this smoothie also contains "super foods"—berries rich in vitamins and antioxidants.

MAKES ONE 12-OUNCE SERVING

- 1/2 cup orange juice
- 1/2 cup fresh strawberries (about 5 medium)
- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries
- 1 cup ice cubes

1. Combine all ingredients in a blender and process on high speed until smooth, about 45 seconds. Pour into a glass and enjoy.

Go to www.EverydayBite.com for more recipes.

Can't make it to yoga class? Carve out a few minutes a day to meditate. Here are some easy tips to get you started:

- 1. Add meditation to your routine.** Set aside at least 5–10 minutes twice a day for quiet reflection.
- 2. Set the right mood.** Choose a quiet room in your house that allows you to tune out noise. And turn off all devices that might interrupt you.
- 3. Be mindful of breathing.** Let your whole body relax as you begin to take deep breaths—it will help you focus on your meditation.

To find more everyday recipes you might be interested in, go to www.EverydayBite.com.

www.EverydayBite.com is a property of Hearst Communications, Inc. and is neither owned nor controlled by Pfizer. Pfizer is not responsible for the content or services at this site.



If depression is affecting the way you feel about yourself, talk to your doctor about your condition and ask if PRISTIQ® may be right for you. Visit www.Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847).

Please see important safety information about Pristiq on the following two pages.

DOES DEPRESSION HOLD YOU BACK FROM WHAT YOU ENJOY?

Depression is a serious medical condition that can make you feel sad, helpless and uninterested in your favorite activities. Sometimes, it can make you feel like you have to wind yourself up. PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression, and is believed to work on two chemicals in the brain: serotonin and norepinephrine. PRISTIQ offers free education and support. If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.



PRISTIQ could be a key in treating your depression.



Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

PRISTIQ is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ

Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide.

Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition: and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so

tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, low sodium levels in your blood
- Have or had bleeding problems
- Have or had depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

© 2012 Pfizer Inc. All rights reserved. August 2012 P5P00955B-405000-01

[Renew Your Membership](#)

[Contact Us](#) | [My Profile](#) | [Sign Out](#)

IAYT THE INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS

Bridging Yoga
and Healthcare

[FIND A MEMBER](#)

[FIND A MEMBER SCHOOL](#)

[Home](#) [About](#) [Membership](#) [Publications](#) [Conferences](#) [Accreditation](#) [Supporters](#) [Participate](#) [Resources](#)

*Symposium on Yoga
Therapy and Research
(SYTAR)*

*Symposium on
Yoga Research (SYR)*

conferences

Celebrate IAYT's 25th anniversary at **SYTAR** in Austin!

• Keynotes: Lorenzo Cohen, PhD, MD; Judith Hanson

[Community Search](#)





"Thanks to yoga, I now gently stretch to conclusions instead of jumping to them"

Yoga Research in Perspective

© MARK ANDERSON

WWW.ANDERTOONS.COM



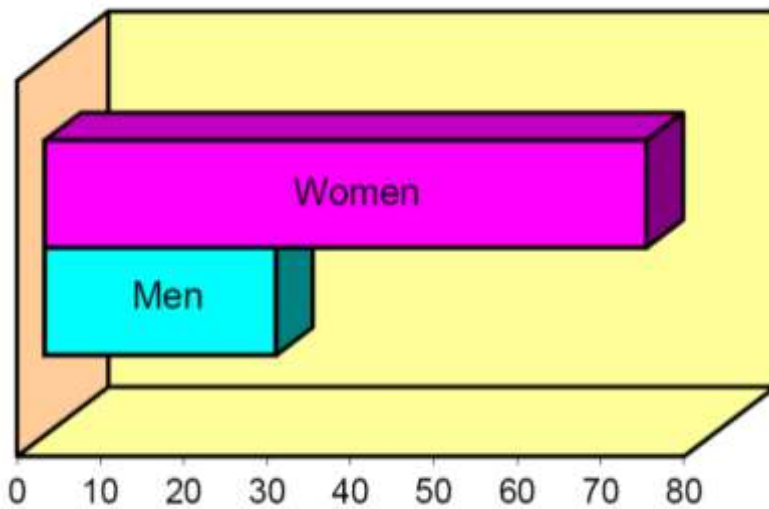
"I'm one of those scientists that studies things that pretty much everyone already knows."

Why Not Do Research on Yoga?

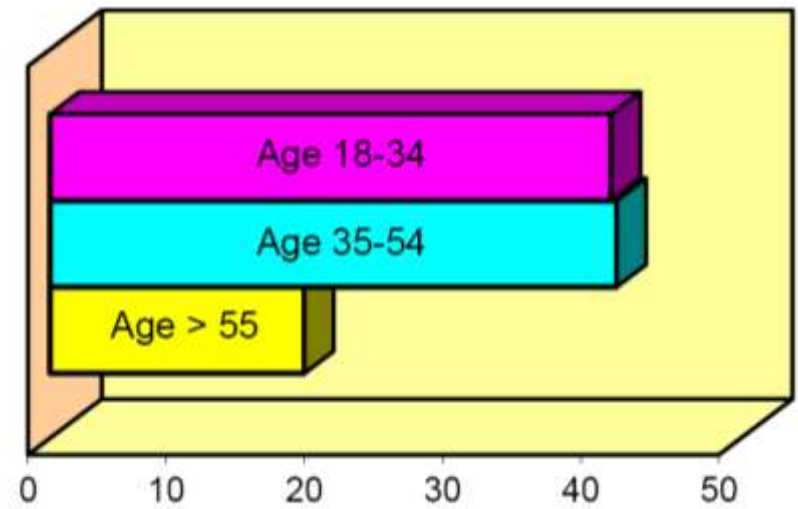
- Costly
 - \$2 million full study
 - \$700 K preliminary study
- Lengthy
 - full study 5 years, preliminary study 3 years
 - requires replication and critical mass
- Reductionist / Dualistic / Dehumanizing

Why Do Research on Yoga?

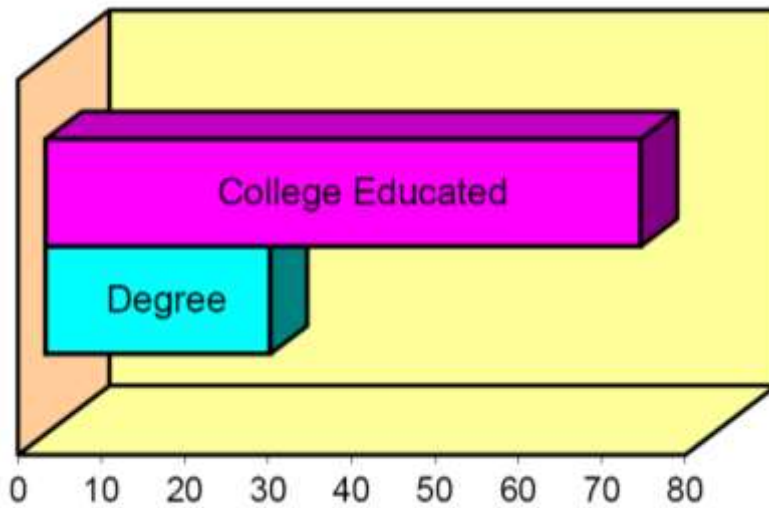
- Because a significant fraction of the population is using it as a therapy
- To promote its use by the general public
- To reach populations that ordinarily do not have access to and/or knowledge of yoga



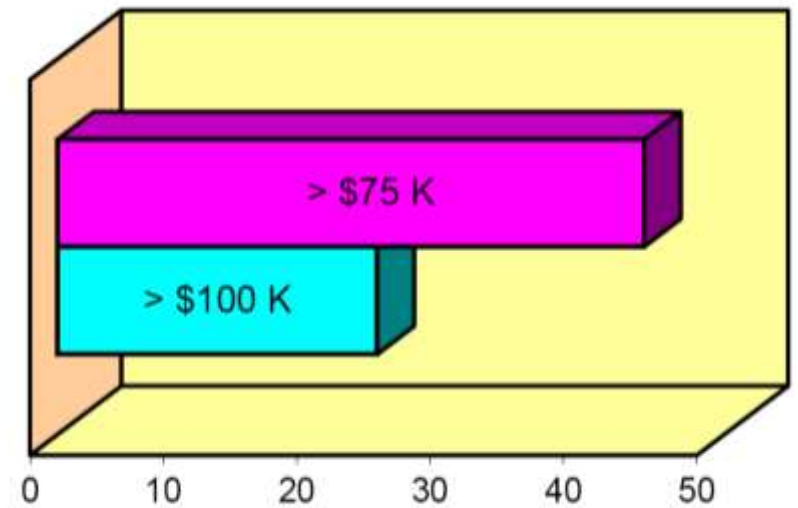
Percent of the Population



Percent of the Population



Percent of the Population



Percent of the Population

Penetrating the Population

Two systems are in place in society that penetrate to all levels of the population

- The education system
- The healthcare system

Both systems require validation of techniques and procedures before implementation

Penetrating the Population

Dental Hygiene in Education and Healthcare

- Fully accepted in principle by these systems
- Taught & promoted in these systems
- Widespread adoption in society as a cultural norm

Mind-Body Hygiene (Yoga)

- NOT accepted in principle by these systems
- NOT taught and promoted in these systems
- Growing but narrow adoption in society as a cultural norm

Part of complete coverage on
Fit Nation



Medicare covers yoga for heart disease

By **William Hudson**, CNN

updated 6:26 PM EST, Mon February 27, 2012

Twitter Share Email Save Print

Recommend

1,917 people recommend this.



Medicare covers yoga for heart disease

STORY HIGHLIGHTS

- Dean Ornish Program for Reversing Heart Disease is covered by Medicare
- Patients do yoga, eat a plant-based, meatless diet and

(CNN) -- Frank Korona lives near the West Virginia-Pennsylvania border with his wife Kathy, in a house that he built with his own hands, on the same property where he grew up.

He served in the Army Special Forces in Vietnam. The Koronas have a long, proud tradition of military service, but their family's



ADVERTISEMENT

NewsPulse »

Most popular stories right now

Official: Panetta didn't mean 'permission'



Fresh Syria attacks despite defection



Winner of \$1M lottery gets public assistance



Teen flees from possible



Review of Basic Yoga Research



A Harvard Medical School Guide

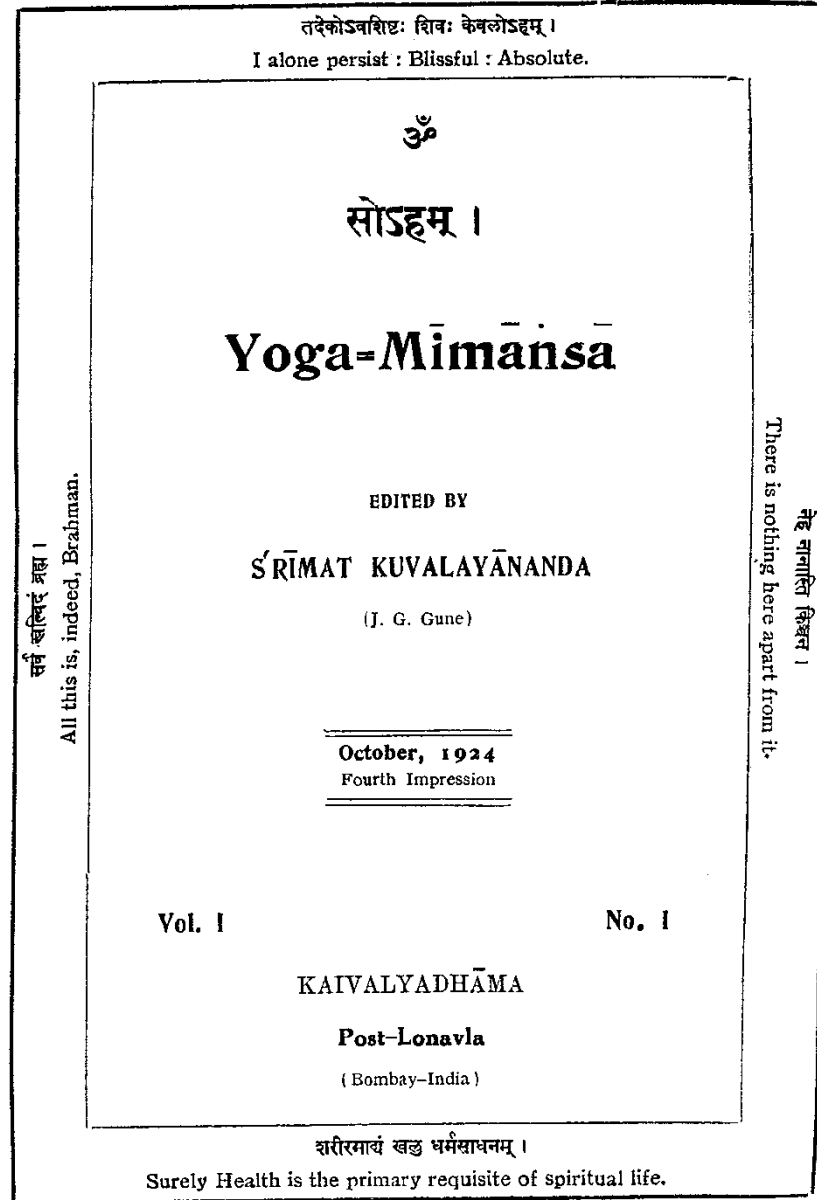
YOUR BRAIN ON YOGA

Sat Bir Singh Khalsa, PhD with Jodie Gould

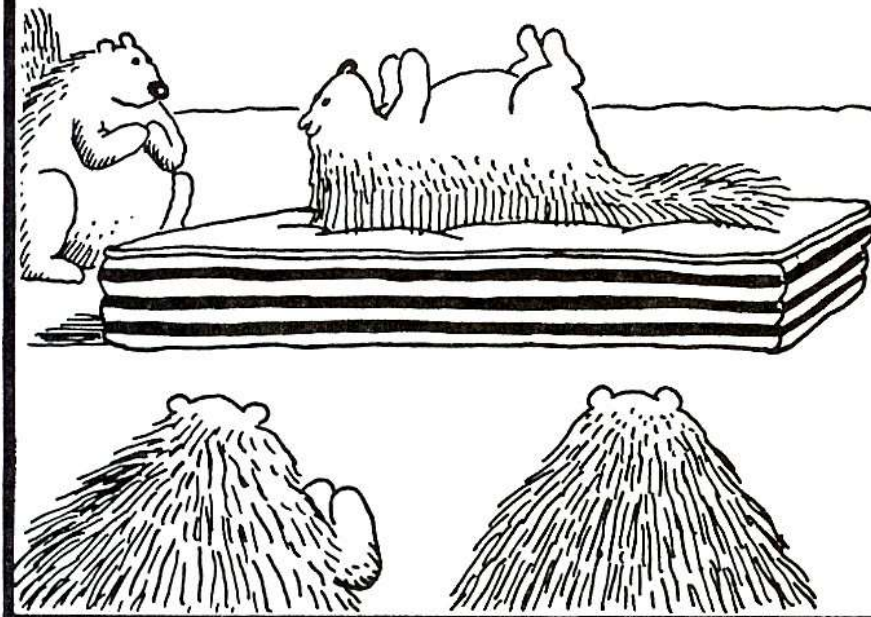
RosettaBooks®

Yoga Mimamsa

- Swami Kuvalayananda and colleagues at Kaivalyadhama Laboratory, Lonavla starting in 1924.
- 56 papers by Kuvalayananda from 1924-34 and 1954-73



Laison



Brosse, 1936

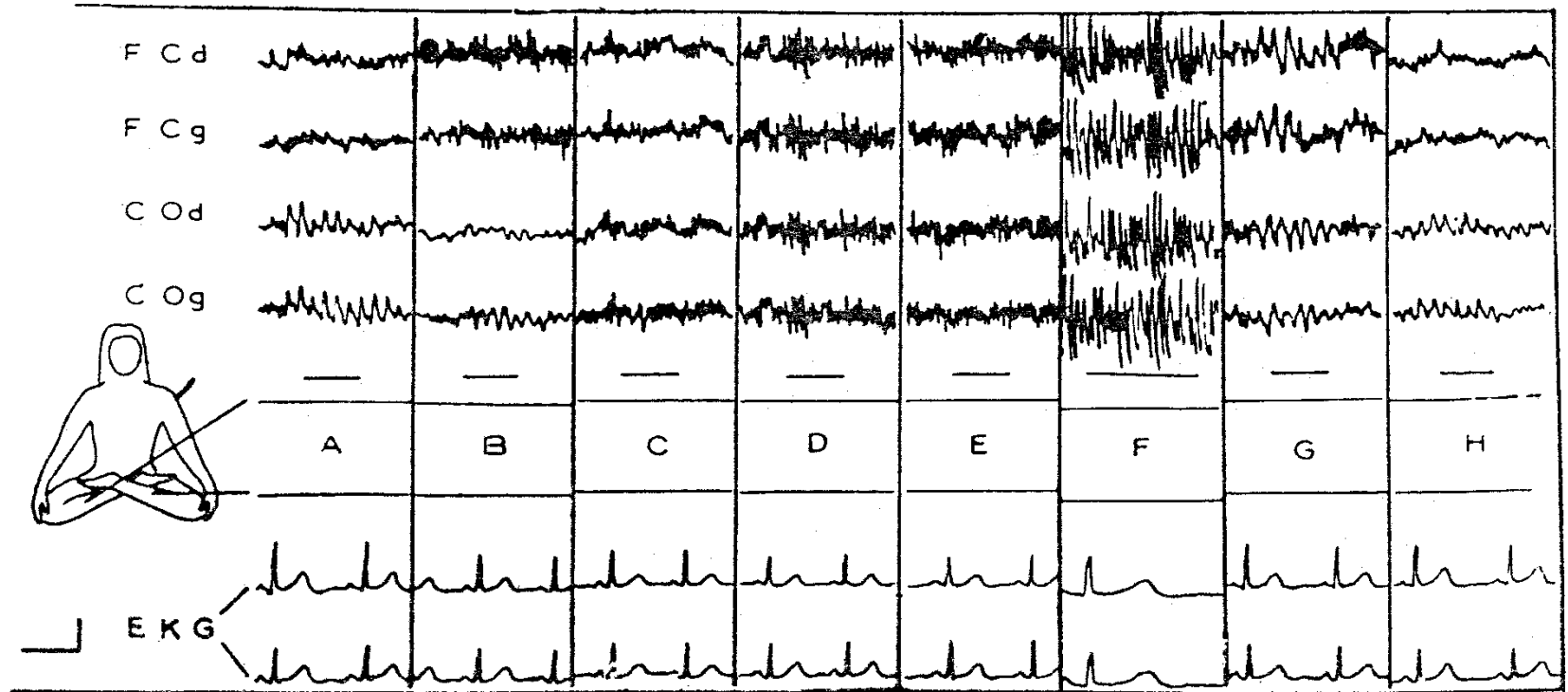
From: *Documents recueillis aux Indes sur les "Yoguis" par l'enregistrement simultane du pouls, de la respiration et de l'electrocardiogramme*
[Data gathered in India on a Yogi with simultaneous registration of the pulse, respiration, and electrocardiogram]

Laubry C, Brosse T

La Presse Medicale 44:1601-1604, 1936.



Das and Gastaut, 1955



From: *Variations de l'activité électrique du cerveau, du cœur et de muscles squelettiques au cours de la méditation et de l'extase yogique* [Variations in the electrical activity of the brain, heart, and skeletal muscles during yogic meditation and trance], Das N, Gastaut H, *Electoencephalography and Clinical Neurophysiology*, Suppl. 6:211-219, 1955.

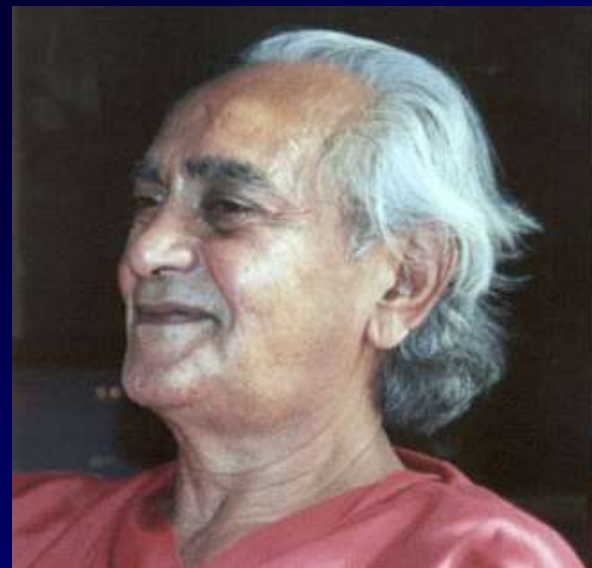
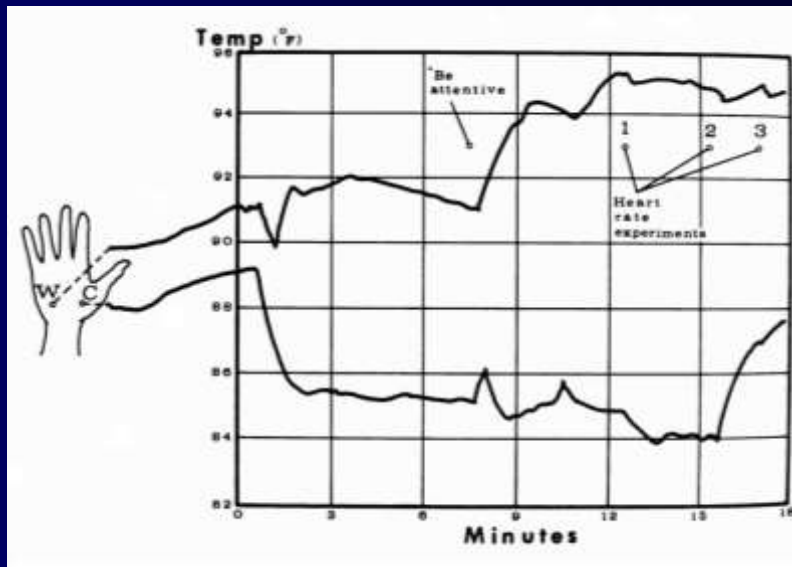
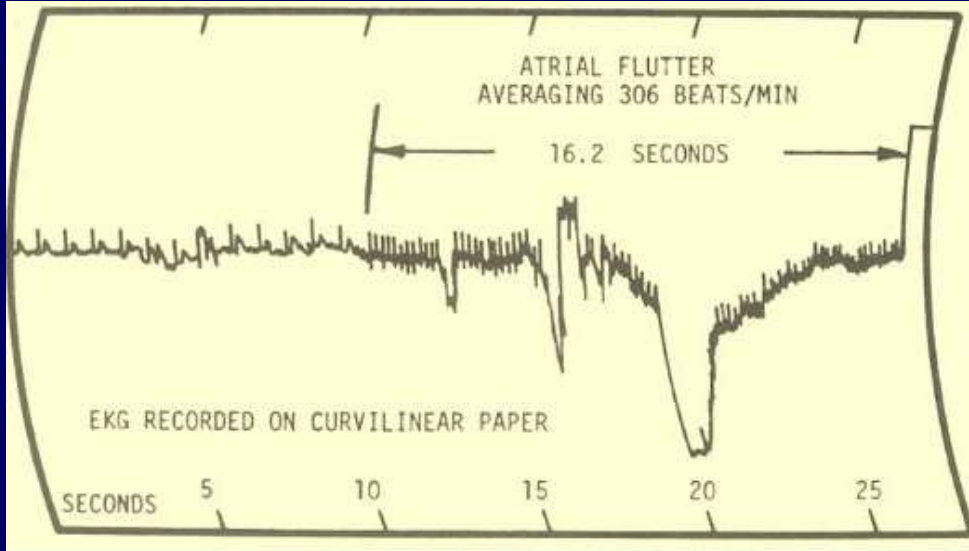
Bagchi and Wenger, 1957

**“...physiologically
Yogic meditation
represents deep
relaxation of the
autonomic nervous
system without
drowsiness or
sleep ...”**



From: *Electro-physiological correlates of some Yogi exercises*, Bagchi BK, Wenger MA, *Electroencephalography and Clinical Neurophysiology*, 7 (Suppl):132-149, 1957.

Green & Green, 1977



From: *Beyond Biofeedback*, Green E, Green A, Knoll Publishing Co. Inc., 1977.

Relaxation Response Induces Temporal Transcriptome Changes in Energy Metabolism, Insulin Secretion and Inflammatory Pathways

Manoj K. Bhasin^{1,4,5*}, Jeffery A. Dusek^{6*}, Bei-Hung Chang^{7,8*}, Marie G. Joseph⁵, John W. Denninger^{1,2}, Gregory L. Fricchione^{1,2}, Herbert Benson^{1,3†}, Towia A. Libermann^{1,4,5*†}

PLOS ONE | www.plosone.org

1

May 2013 | Volume 8 | Issue 5 | e62817

“RR practice enhanced expression of genes associated with energy metabolism, mitochondrial function, insulin secretion and telomere maintenance, and reduced expression of genes linked to inflammatory response and stress-related pathways.”

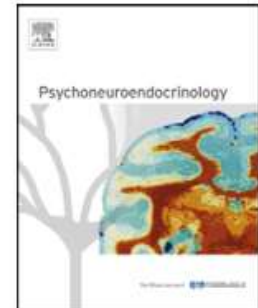


ELSEVIER

Available online at www.sciencedirect.com

SciVerse ScienceDirect

journal homepage: www.elsevier.com/locate/psyneuen

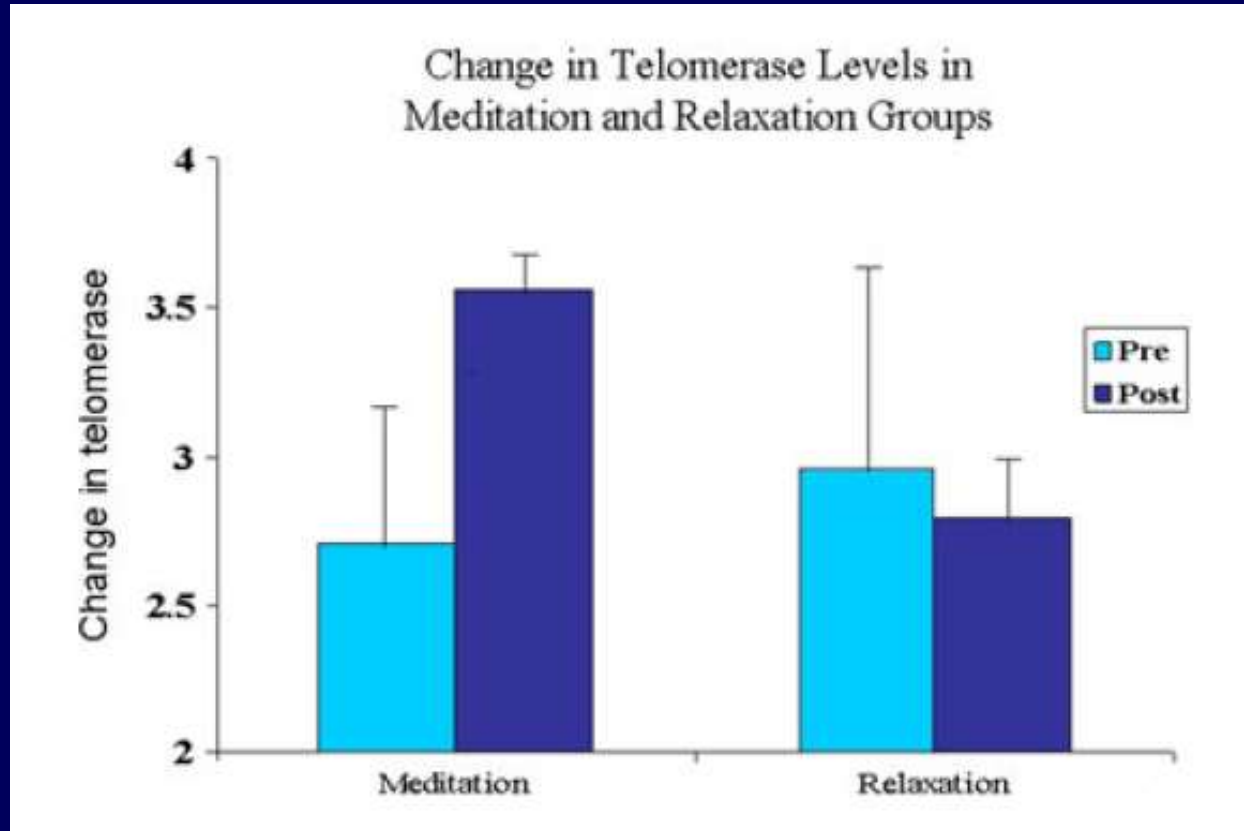


Yogic meditation reverses NF- κ B and IRF-related transcriptome dynamics in leukocytes of family dementia caregivers in a randomized controlled trial

David S. Black^a, Steve W. Cole^{a,b,c}, Michael R. Irwin^{a,b}, Elizabeth Breen^{a,b}, Natalie M. St. Cyr^b, Nora Nazarian^b, Dharma S. Khalsa^d, Helen Lavretsky^{b,*}

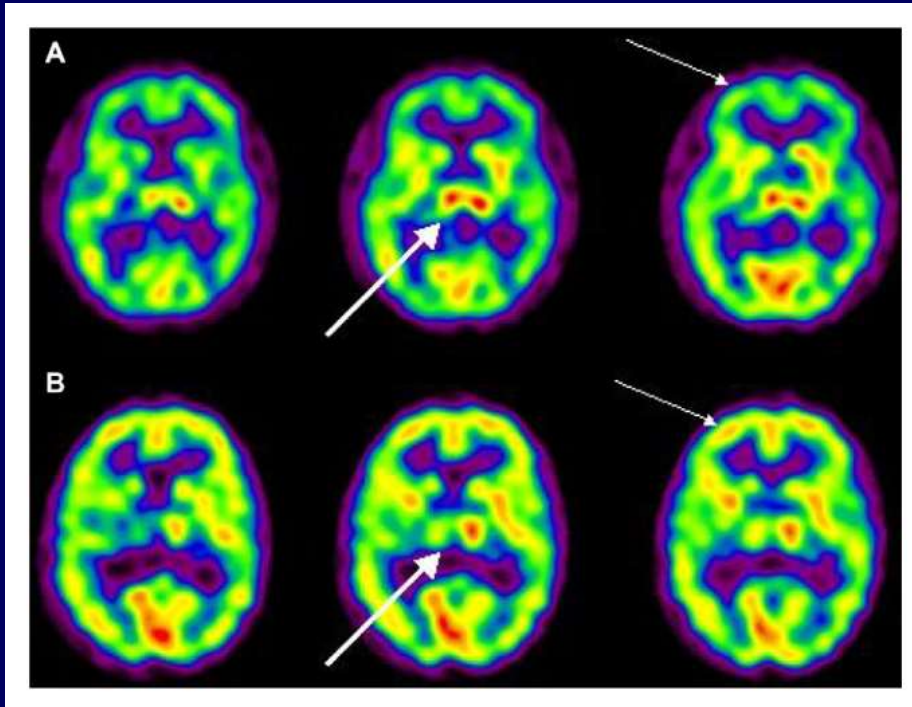
“...the effects of Kirtan Kriya suppressing expression of inflammation-related genes and up-regulating expression of genes involved in antiviral and immunoglobulin responses...”

Yoga Meditation on Telomerase



From: *A pilot study of yogic meditation for family dementia caregivers with depressive symptoms: effects on mental health, cognition, and telomerase activity*, Lavretsky H, Epel ES, Siddarth P, Nazarian N, St. Cyr N, Khalsa DS, Lin J, Blackburn E, Irwin MR, *International Journal of Geriatric Psychiatry*, (2012).

Yoga Meditation and Cerebral Blood Flow



Non-meditators

Meditators

CBF of long-term meditators was significantly higher ($p < .05$) compared to non-meditators in the prefrontal cortex, parietal cortex, thalamus, putamen, caudate, and midbrain...The observed changes...appear in structures that underlie the attention network and also those that relate to emotion and autonomic function.

From: *Cerebral blood flow differences between long-term meditators and non-meditators*, Newberg AB, Wintering N, Waldman MR, Amen D, Khalsa DS, Alavi A. *Conscious Cognition*, 19:899-905, 2010.

Yoga, Thalamic GABA, Mood & Anxiety

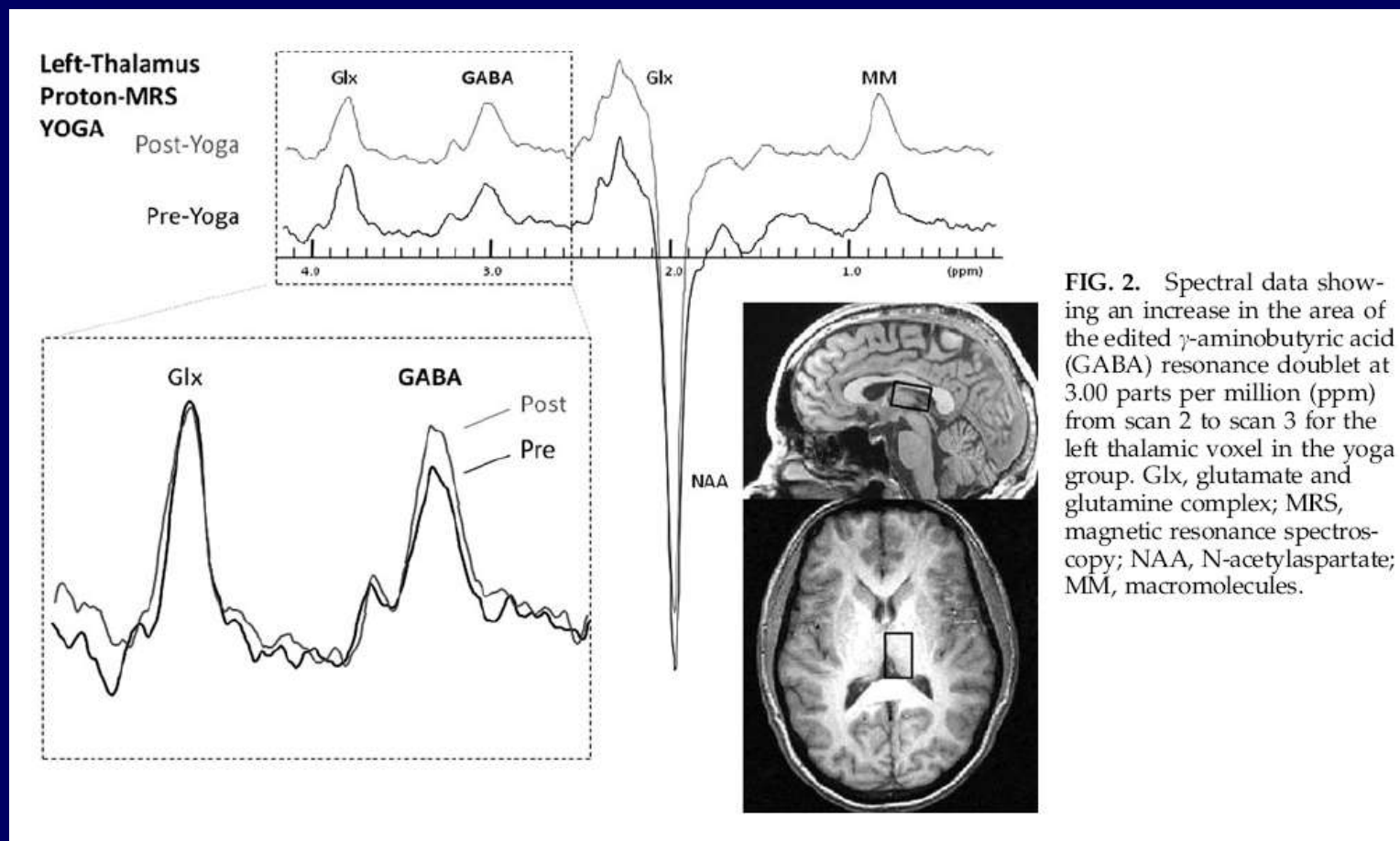
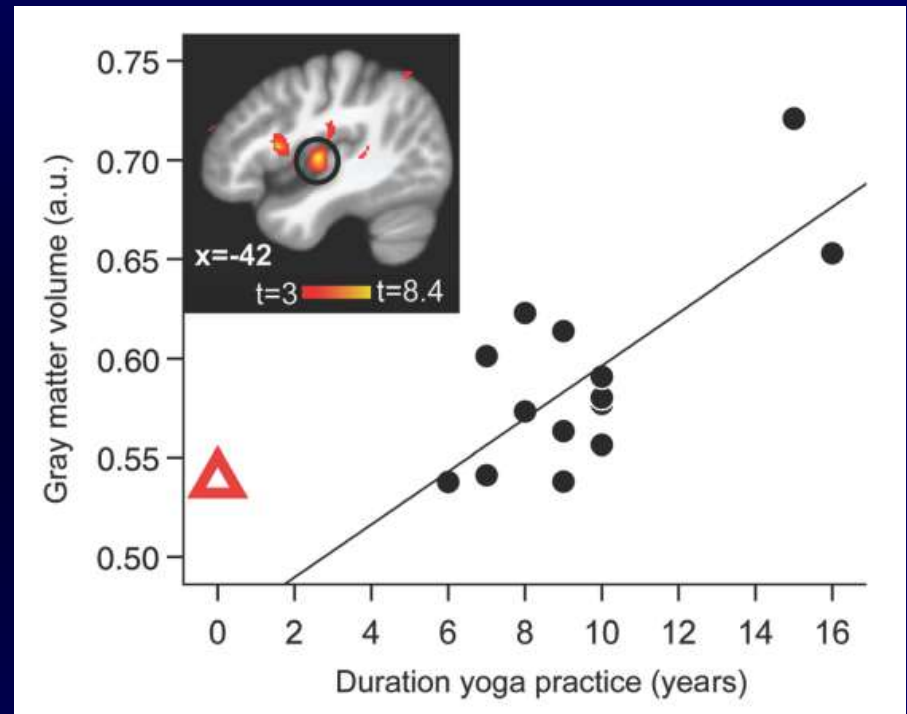
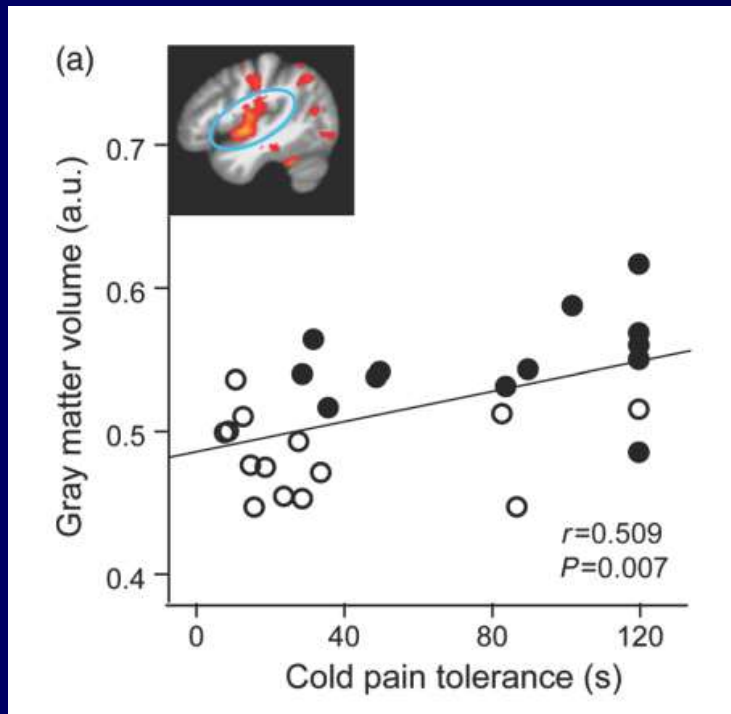


FIG. 2. Spectral data showing an increase in the area of the edited γ -aminobutyric acid (GABA) resonance doublet at 3.00 parts per million (ppm) from scan 2 to scan 3 for the left thalamic voxel in the yoga group. Glx, glutamate and glutamine complex; MRS, magnetic resonance spectroscopy; NAA, N-acetylaspartate; MM, macromolecules.

From: *Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study*, Streeter CC, Whitfield TH, Owen L, Rein T, Karri SK, Yakhkind A, Perlmutter R, Prescott A, Renshaw PF, Ciraulo DA, Jensen JE. *Journal of Alternative and Complementary Medicine*, 16:1145-52, 2010.

Yoga, Brain Structure and Pain



From: *Insular Cortex Mediates Increased Pain Tolerance in Yoga Practitioners*,
Villemure C, Ceko M, Cotton VA, Bushnell MC, *Cerebral Cortex*, 24:2732-40, 2014.

Yoga and Fluid Intelligence

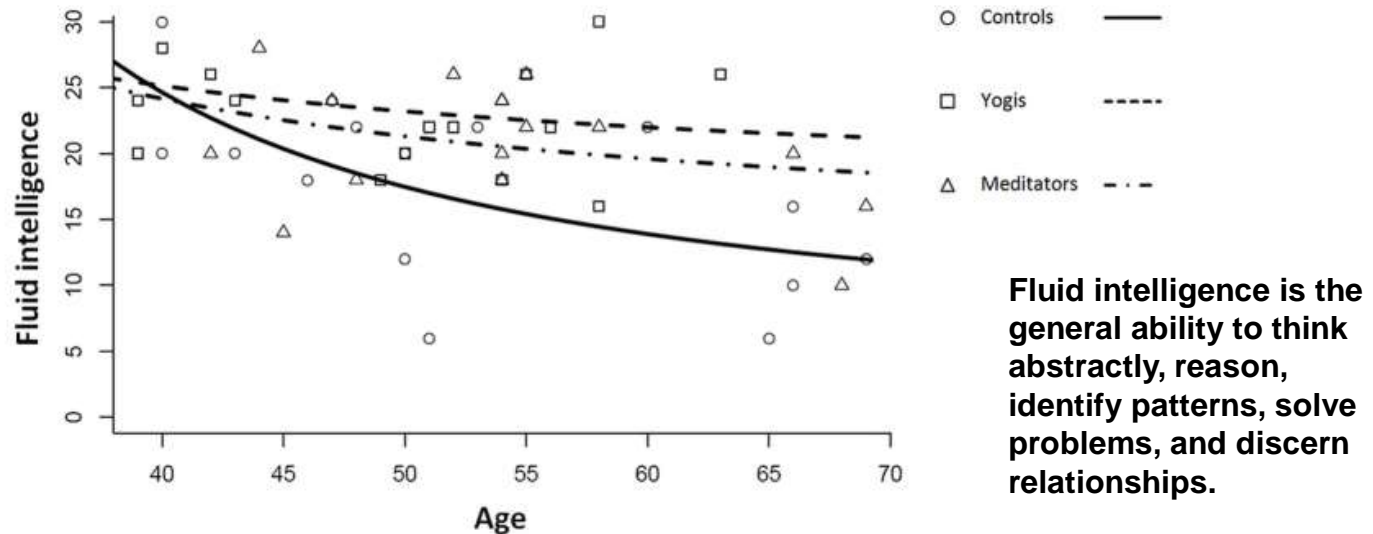


FIGURE 1 | Relation between age, measured in years and fluid intelligence measured with the Raven's Advanced Progressive Matrices for controls, yoga practitioners, and meditators. Lines represent log-linear regression lines for the three groups following the function $\log(F) = A/\text{age} + \log(F_f)$.

These findings reveal the possibility to increase resilience and to slow the decline of fluid intelligence and brain functional architecture and suggest that mindfulness plays a mechanistic role in this preservation.

From: *Fluid intelligence and brain functional organization in aging yoga and meditation practitioners*, Gard T, Taquet M, Dixit R, Hölzel BK, de Montjoye YA, Brach N, Salat DH, Dickerson BC, Gray JR, Lazar SW, *Frontiers in Aging Neuroscience*, 6:76, 2014.



" Meditation isn't what you think. "

Annapurna Upanishad

III-5. ...this mind of mine is extremely restless’.

III-6. The mind wanders among objects as a monkey does from tree to tree.

Katha Upanishad

1-III-9. But the man who has a discriminating intellect as his driver, and a controlled-mind as the reins, reaches the end of the path – that supreme state of Vishnu.

From: *Vedanta Spiritual Library* <http://www.celextel.org/>

BREVIA

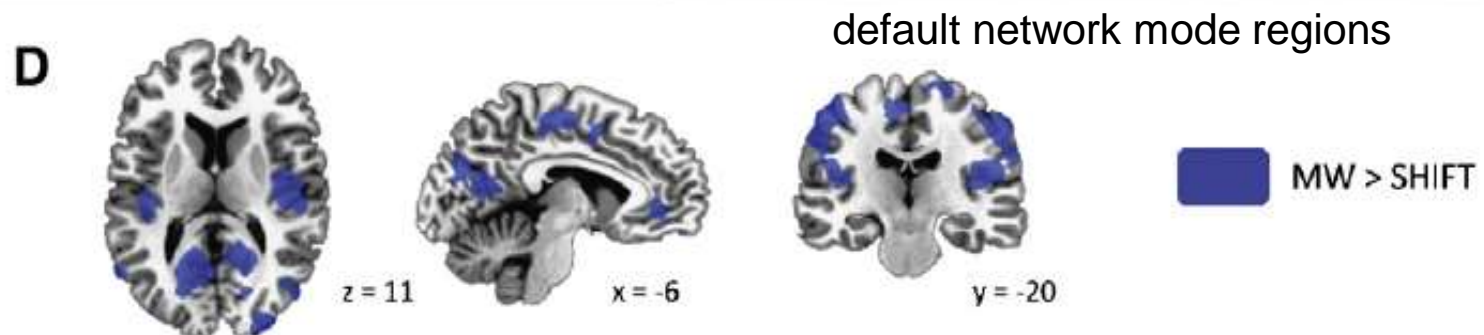
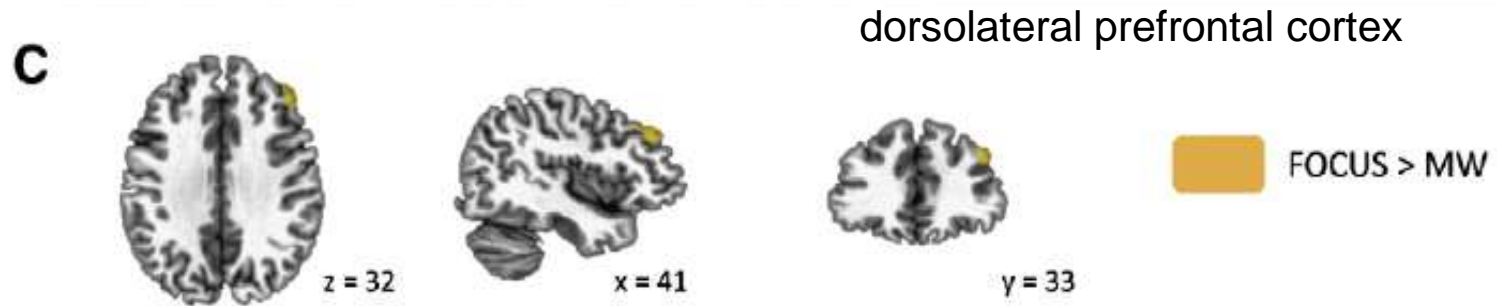
A Wandering Mind Is an Unhappy Mind

Matthew A. Killingsworth* and Daniel T. Gilbert

12 NOVEMBER 2010 VOL 330 SCIENCE www.sciencemag.org

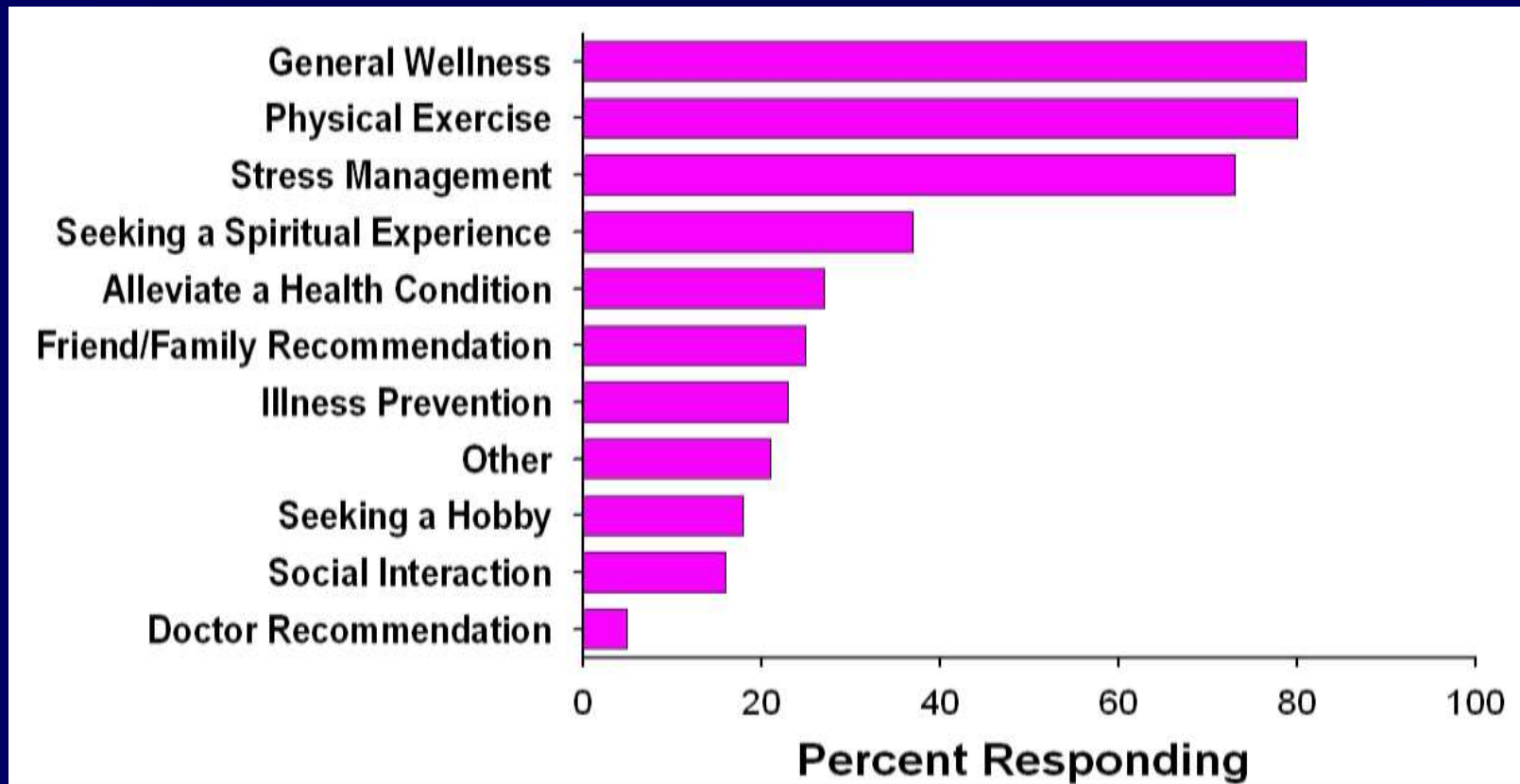
...people's minds wandered frequently,
regardless of what they were doing
...people were less happy when their minds
were wandering than when they were not

Meditation & the Default Mode Network



From: *Mind wandering and attention during focused meditation: A fine-grained temporal analysis of fluctuating cognitive states*, Hasenkamp W, Wilson-Mendenhall CD, Duncan E, Barsalou LW, *Neuroimage*, 59:750-60, 2012.

Reasons for Practice in a Beginners Program



From: *Yoga in the real world: Perceptions, motivators, barriers, and patterns of use*, Quilty MT, Saper RB, Goldstein R, Khalsa SBS, *Global Advances in Health and Medicine*, 2:44-49, 2013.

Yoga as an Alternative and Complementary Approach for Stress Management: A Systematic Review

Journal of Evidence-Based
Complementary & Alternative Medicine
2014, Vol 19(1) 59-67
© The Author(s) 2013
Reprints and permission:
sagepub.com/journalsPermissions.nav
DOI: 10.1177/2156587213503344
cam.sagepub.com



Manoj Sharma, MBBS, MCHES, PhD, FAAHB¹

Abstract

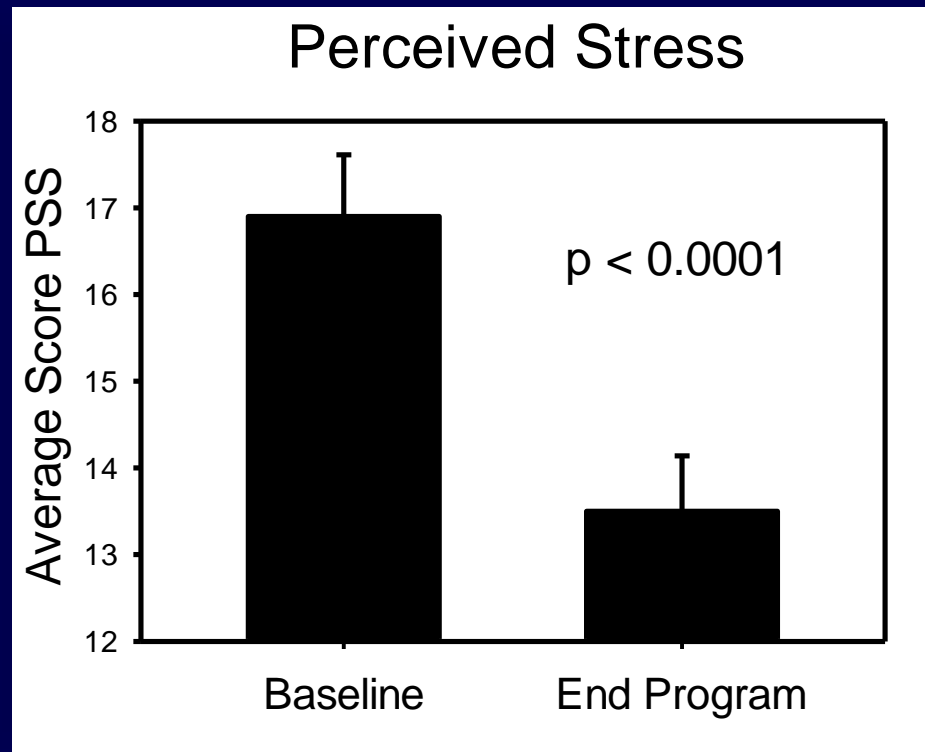
Stress has become a global public health problem. Yoga offers one possible way of reducing stress. The purpose of this study was to look at studies from 2011 to May 2013 and examine whether yoga can be an efficacious approach for managing stress. A systematic search of Medline, CINAHL, and Alt HealthWatch databases was conducted for quantitative articles involving all schools of yoga. A total of 17 articles met the inclusion criteria. Six of these were from the United States, 3 from India, 2 from the United Kingdom, and 1 each from Australia, Brazil, Germany, Iraq, Sweden, and Taiwan. Of the 17 studies, 12 demonstrated positive changes in psychological or physiological outcomes related to stress. Despite the limitations, not all studies used a randomized controlled design, had smaller sample sizes, had different outcomes, had nonstandardized yoga intervention, and had varying lengths, yoga appears to be a promising modality for stress management.

Keywords

yoga, mind–body interventions, stress, anxiety

Received May 28, 2013. Accepted for publication August 1, 2013.

Stress in Beginner Yoga Students



From: *Yoga as a stress reduction technique for women*, Quilty M, Khalsa SBS, Saper R, Abstract submitted to 137th APHA Annual Meeting & Exposition, 2009.

Attention, Stress & Mood

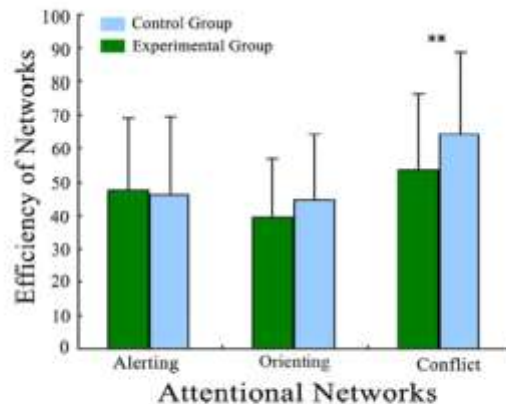
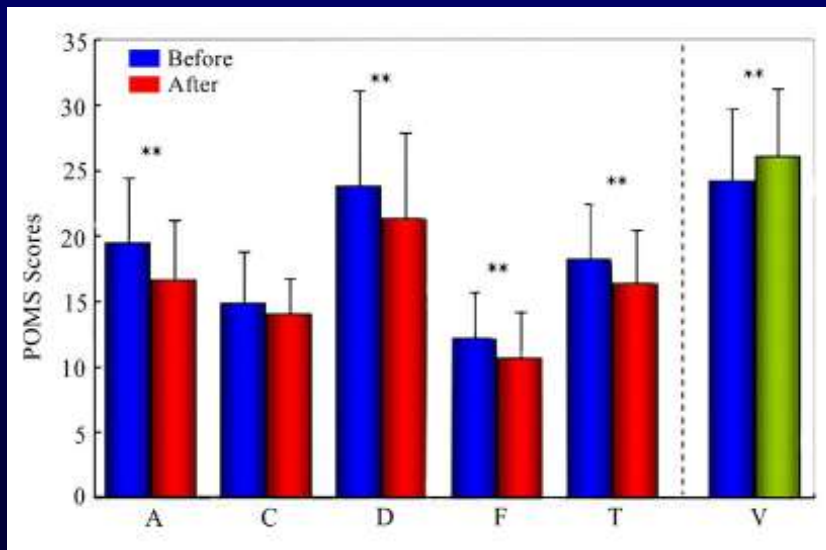
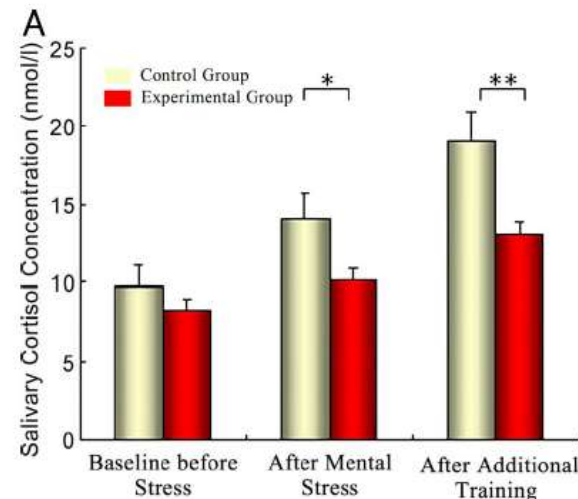


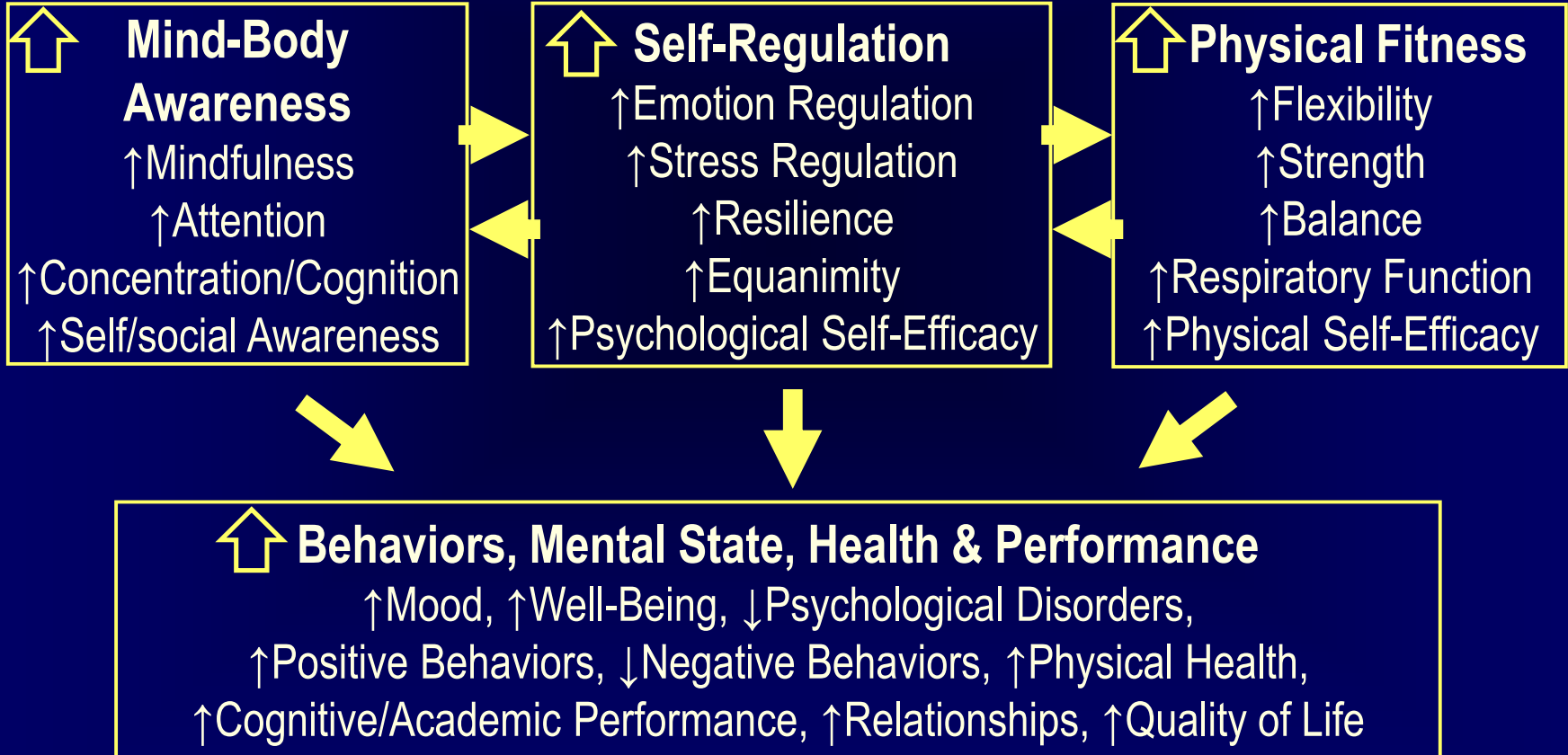
Fig. 1. Performance of the ANT after 5 days of IBMT or control. Error bars indicate 1 SD. Vertical axis indicates the difference in mean reaction time between the congruent and incongruent flankers. The higher scores show less efficient resolution of conflict.



From: *Short-term meditation training improves attention and self-regulation*, Tang Y, Ma Y, Wang J, Fan Y, Feng S, Lu Q, Yu Q, Sui D, Rothbart MK, Fan M, Posner MI, *Proceedings of the National Academy of Sciences*, 104:17152–17156, 2007.

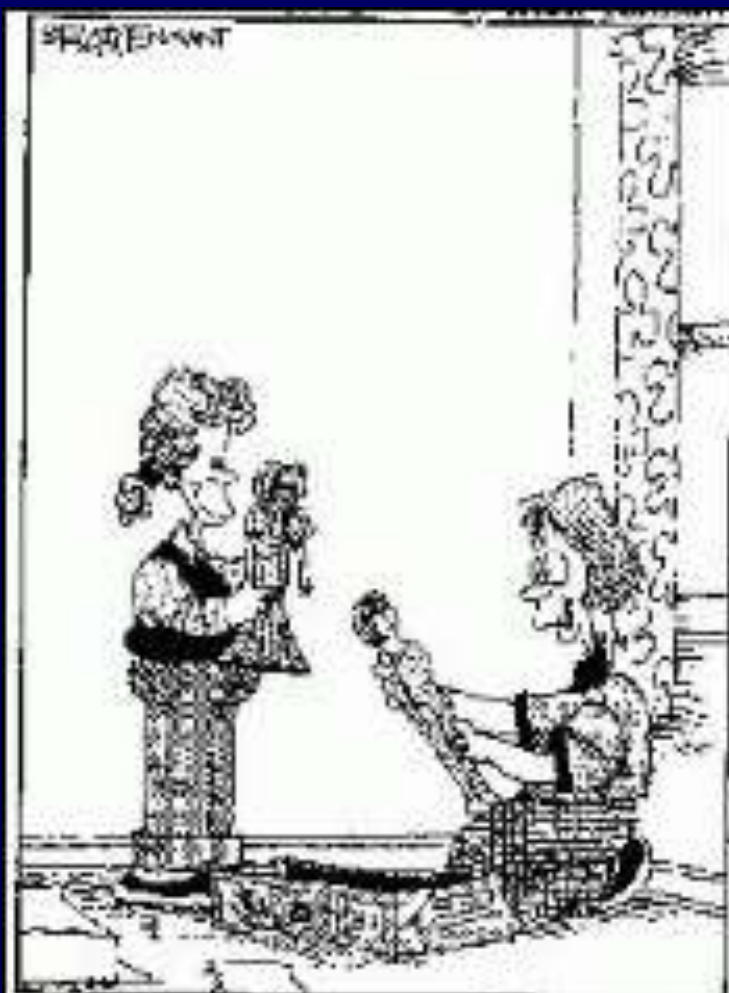
Yoga Practices

(postures, breathing, relaxation, meditation)



Temporal Changes in Yoga Practice

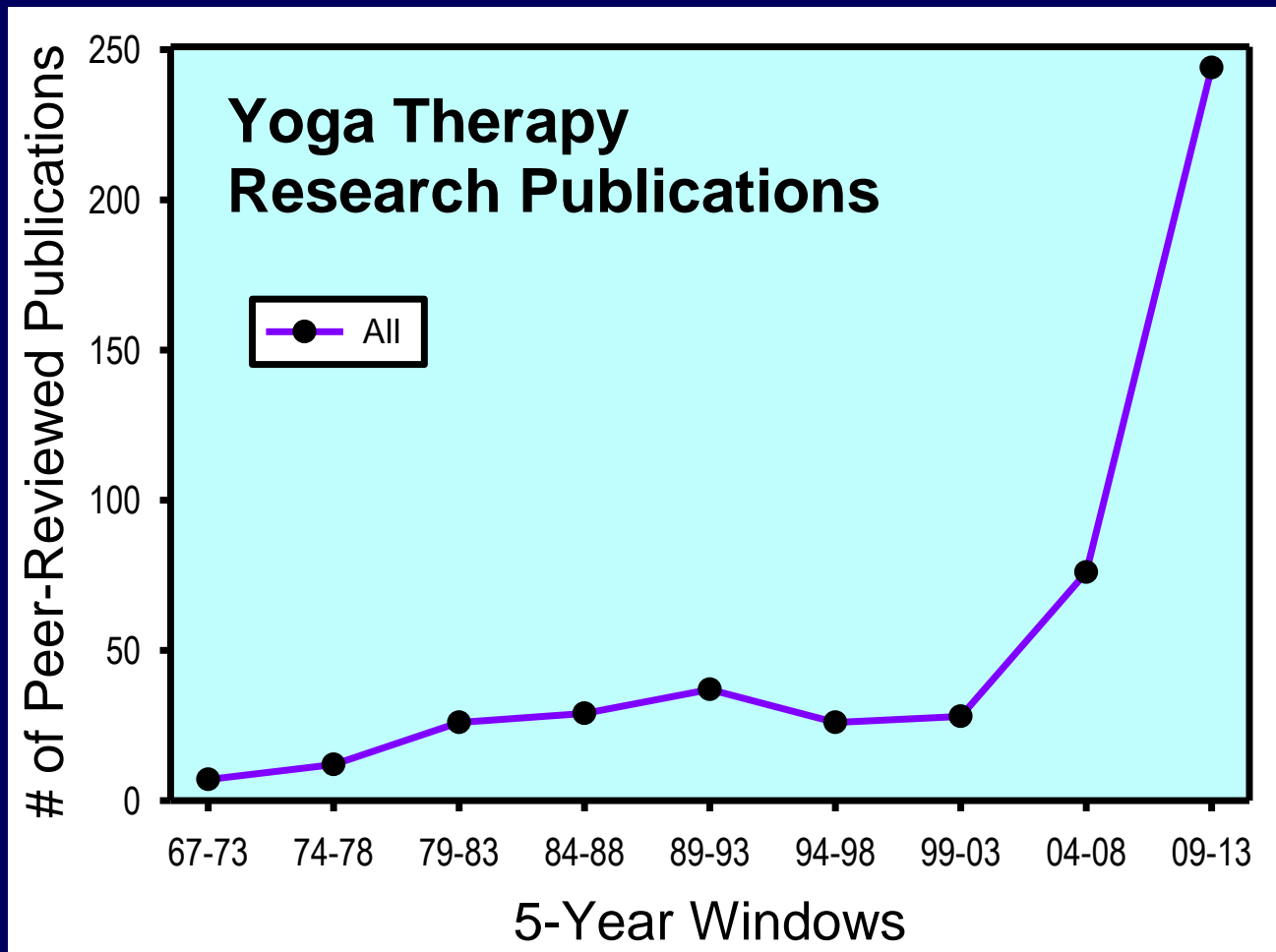
- Arousal reduction, physical/mental well-being
- Mind/body awareness, resilience, self-regulation
- Psychological / philosophical transformation



"...and this one's Yogini Barbie. She doesn't come with a lot of stuff, but you can bend her into 13 different positions without anything breaking."

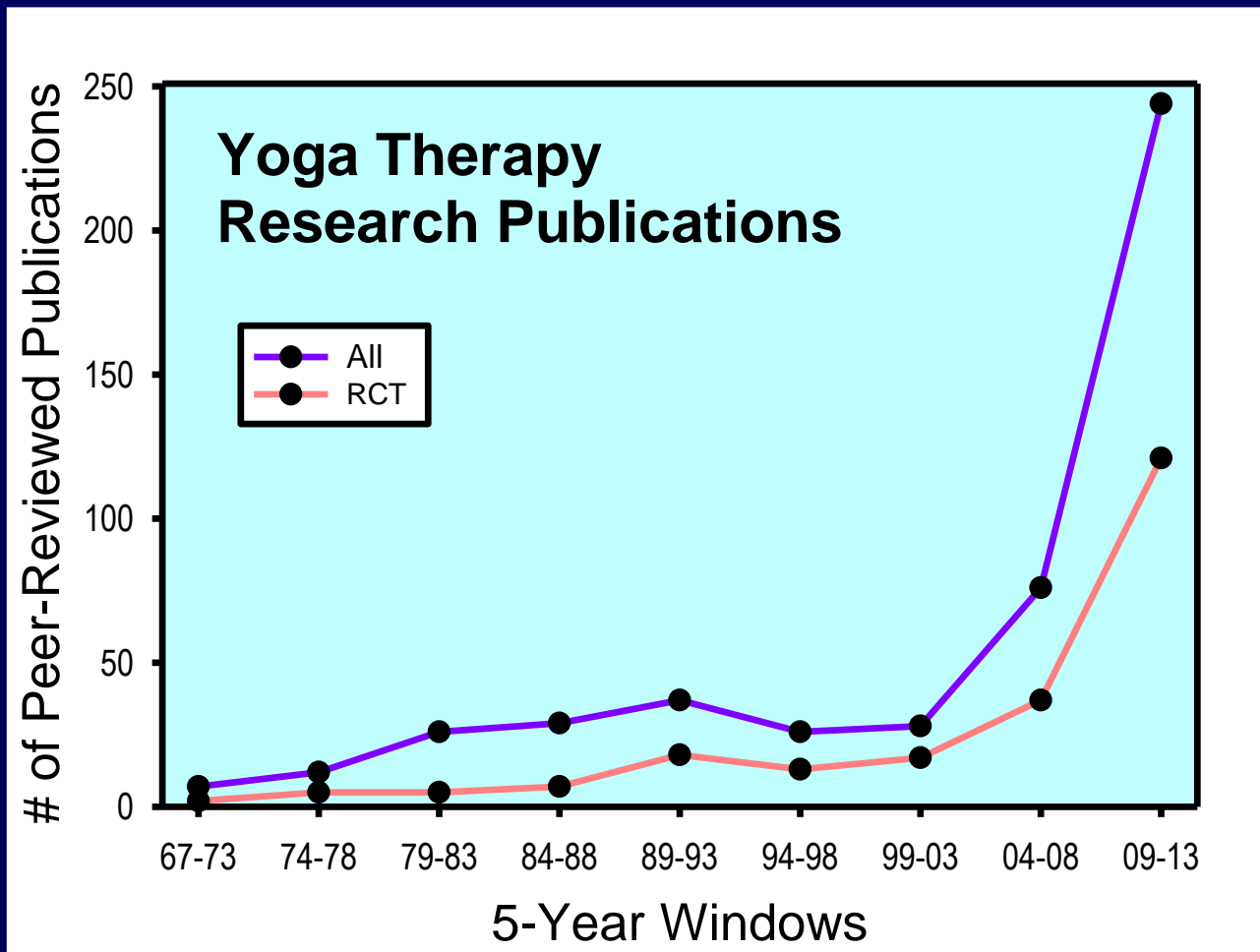
Review of Applied Yoga Research

Chronology of Yoga Therapy Research



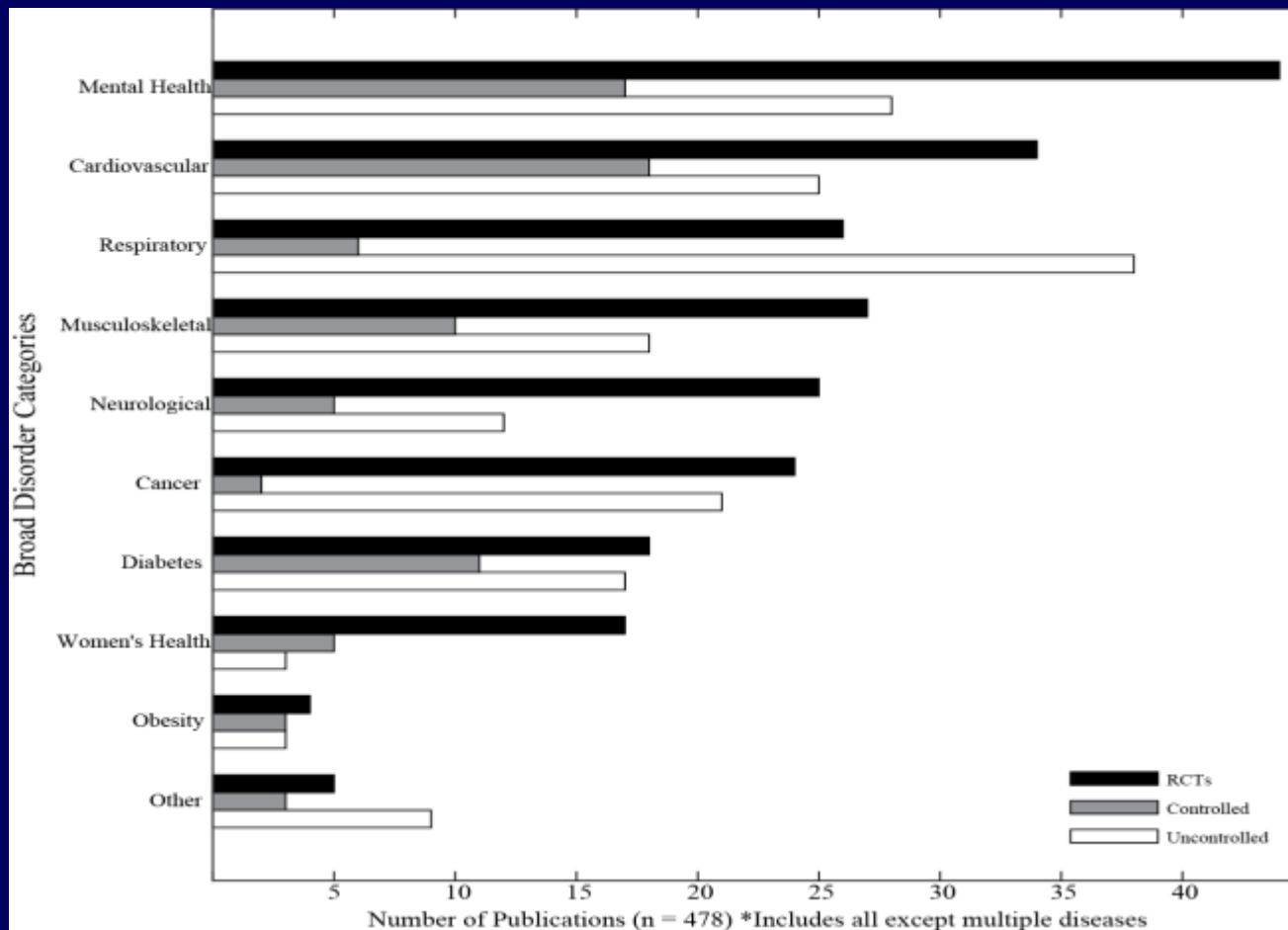
From: *Yoga as a therapeutic intervention: A bibliometric analysis of published research studies from 1967-2013*, Jeter PE, Slutsky J, Singh N, Khalsa SBS, *Journal of Alternative and Complementary Medicine*, 2015.

Chronology of Yoga Therapy Research



From: *Yoga as a therapeutic intervention: A bibliometric analysis of published research studies from 1967-2013*, Jeter PE, Slutsky J, Singh N, Khalsa SBS, *Journal of Alternative and Complementary Medicine*, 2015.

Yoga Therapy Research by Disorders



From: *Yoga as a therapeutic intervention: A bibliometric analysis of published research studies from 1967-2013*, Jeter PE, Slutsky J, Singh N, Khalsa SBS, *Journal of Alternative and Complementary Medicine*, 2015.

Yoga Therapy Reviews

Yoga clinical research review. Field T.
Complement Ther Clin Pract. 2011 Feb;17(1):1-8.

Prescribing yoga. Hayes M, Chase S.
Prim Care. 2010 Mar;37(1):31-47.

A review of the literature examining the physiological processes underlying the therapeutic benefits of Hatha yoga. Dunn KD.
Adv Mind Body Med. 2008 Fall;23(3):10-8.

Using yoga to treat disease: an evidence-based review. Lipton L.
JAAPA. 2008 Feb;21(2):34-6, 38, 41.

Meditation practices for health: state of the research. Ospina MB, Bond K, Karkhaneh M, Tjosvold L, Vandermeer B, Liang Y, Bialy L, Hooton N, Buscemi N, Dryden DM, Klassen TP.
Evid Rep Technol Assess (Full Rep). 2007 Jun;(155):1-263.

Systematic review of the efficacy of meditation techniques as treatments for medical illness. Arias AJ, Steinberg K, Banga A, Trestman RL.
J Altern Complement Med. 2006 Oct;12(8):817-32.

Yoga: a therapeutic approach. Nayak NN, Shankar K.
Phys Med Rehabil Clin N Am. 2004 Nov;15(4):783-98.

Yoga as a clinical intervention. Ott MJ.
Adv Nurse Pract. 2002 Jan;10(1):81-3, 90.

Effects of Yoga on Mental and Physical Health: A Short Summary of Reviews

Hindawi Publishing Corporation
Evidence-Based Complementary and Alternative Medicine
Volume 2012, Article ID 165410, 7 pages
doi:10.1155/2012/165410

**Arndt Büssing,¹ Andreas Michalsen,² Sat Bir S. Khalsa,³
Shirley Telles,⁴ and Karen J. Sherman⁵**

¹*Department Quality of Life, Spirituality and Coping, Center of Integrative Medicine, Faculty of Health,
Witten/Herdecke University, 58313 Herdecke, Germany*

²*Department of Internal and Complementary Medicine, Immanuel Hospital Berlin and Institute of Social Medicine,
Epidemiology & Health Economics, Charité-University Medical Center, 14109 Berlin, Germany*

³*Division of Sleep Medicine, Brigham and Women's Hospital, Harvard Medical School, Boston, MA 02115, USA*

⁴*Director of Research, Patanjali Research Foundation, Haridwar 249405, India*

⁵*Group Health Research Institute, Group Health Cooperative, Seattle, WA 98101, USA*

Correspondence should be addressed to Arndt Büssing, arndt.buessing@uni-wh.de

Received 4 May 2012; Revised 4 July 2012; Accepted 18 July 2012

Academic Editor: Vernon A. Barnes

Copyright © 2012 Arndt Büssing et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

This report summarizes the current evidence on the effects of yoga interventions on various components of mental and physical health, by focussing on the evidence described in review articles. Collectively, these reviews suggest a number of areas where yoga may well be beneficial, but more research is required for virtually all of them to firmly establish such benefits. The heterogeneity among interventions and conditions studied has hampered the use of meta-analysis as an appropriate tool for summarizing the current literature. Nevertheless, there are some meta-analyses which indicate beneficial effects of yoga interventions, and there are several randomized clinical trials (RCT's) of relatively high quality indicating beneficial effects of yoga for pain-associated disability and mental health. Yoga may well be effective as a supportive adjunct to mitigate some medical conditions, but not yet a proven stand-alone, curative treatment. Larger-scale and more rigorous research with higher methodological quality and adequate control interventions is highly encouraged because yoga may have potential to be implemented as a beneficial supportive/adjunct treatment that is relatively cost-effective, may be practiced at least in part as a self-care behavioral treatment, provides a life-long behavioural skill, enhances self-efficacy and self-confidence and is often associated with additional positive side effects.

SYR 2015

The Front Line of Yoga Research Sept. 28–30, 2015
Stockbridge, MA

CO-PRESENTED BY IAYT AND KRIPALU IEL

SYR 2015

September 28-30, 2015

Kripalu Center for Yoga & Health, Stockbridge, MA

Co-presented by The International Association of Yoga Therapists and The Kripalu Institute for Extraordinary Living

SYR is the West's foremost academic yoga research conference. It showcases some of the best new research, offers multiple poster sessions, and ample opportunities to interact with other scientists, experts, and professionals in the field.

Community Search

Enter search criteria...

[Sign In](#)

☒ Remember Me

[Sign In](#)

[Forgot your password?](#)

[Haven't Joined yet?](#)

[Latest News](#)

[more](#)

12/1/2014
Progress Report on
Fundraising Campaign

11/10/2014
IAYT Launches First
Major Fundraising
Campaign

10/30/2014
[IAYT Announces the](#)

- A medical textbook
- ~ 23 chapters with theory, rationale, research & practice
- Over 60 contributors
- Co-editors:

Lorenzo Cohen

- MD Anderson Cancer Ctr

Shirley Telles

- Patanjali Research Fdn

Timothy McCall

- Medical Editor, Yoga Journal

THE PRINCIPLES AND PRACTICE OF YOGA IN HEALTH CARE



Sat Bir Khalsa • Lorenzo Cohen
Timothy McCall • Shirley Telles



Yoga for Health and Prevention

Non-communicable Diseases (NCDs)

...NCDs are the leading cause of death in the world...

In most middle- and high-income countries NCDs were responsible for more deaths than all other causes of death combined...

Noncommunicable Diseases, Country Profiles, World Health Organization, 2011

...NCD deaths are projected to increase by 15% globally between 2010 and 2020 (to 44 million deaths).

Global status report on noncommunicable diseases 2010 World Health Organization

From:
Developmental origins of noncommunicable disease: population and public health implications,
Hanson M,
Gluckman P,
American Journal of Clinical Nutrition,
94:1754S–8S, 2011.

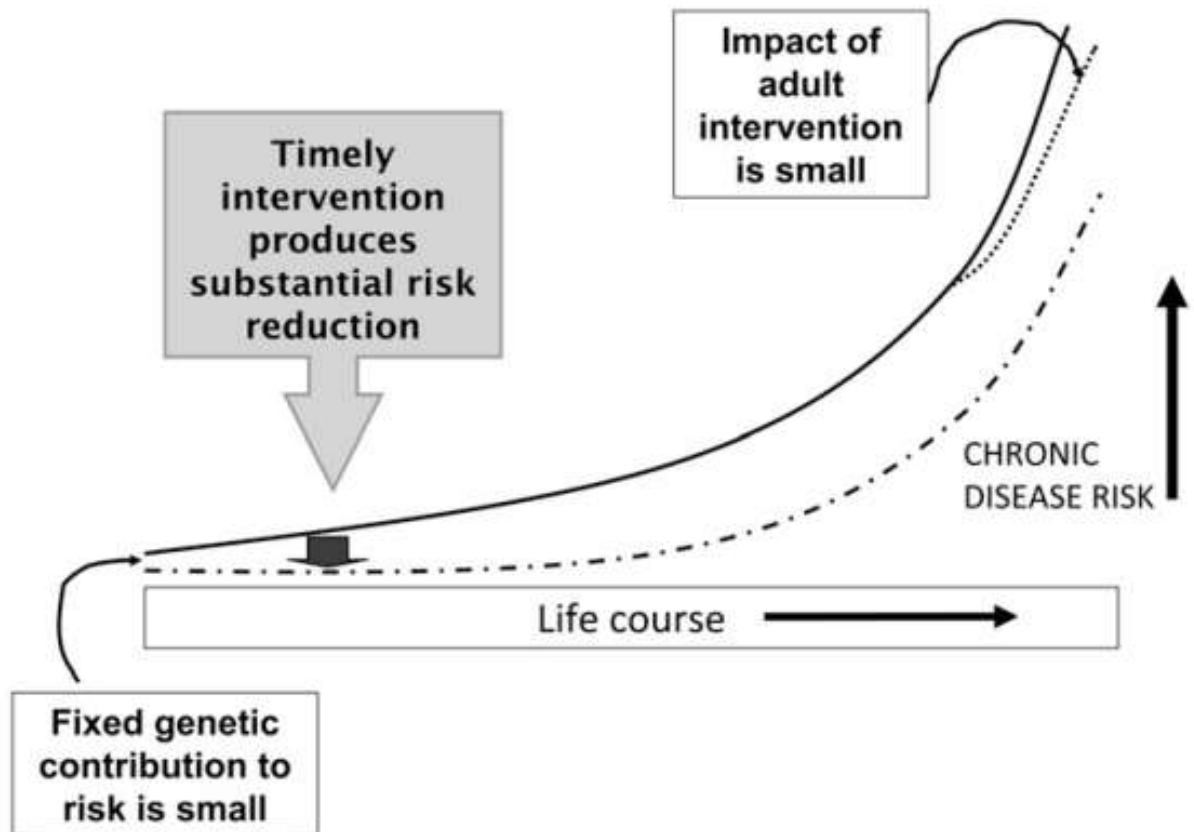


FIGURE 1. Risk of noncommunicable disease increases along a trajectory through the life course, contrasting with models on the basis of infectious disease. The inherited, fixed genetic variation makes only a small contribution to later risk. In addition, because they occur too late, adult lifestyle interventions reduce risk to only a small degree or transiently. The maximum effect will be gained from timely interventions in early life when plasticity permits a sustained reduction in the trajectory of risk to be attained.



"Are you eating properly and getting plenty of exercise?"

Prevention vs. Disease Care



Stress Awareness Worldview

Yoga Practice Associations

Health variable	Percent
General health	
Excellent	38.8
Very good	46.3
Good	13.0
Fair	1.6
Poor	0.3
Smoking history	
Never smoked	54.7
Quit smoking	43.3
Still smoking	2.0
Physical activity category	
Low	16.8
Moderate	37.9
High	45.3

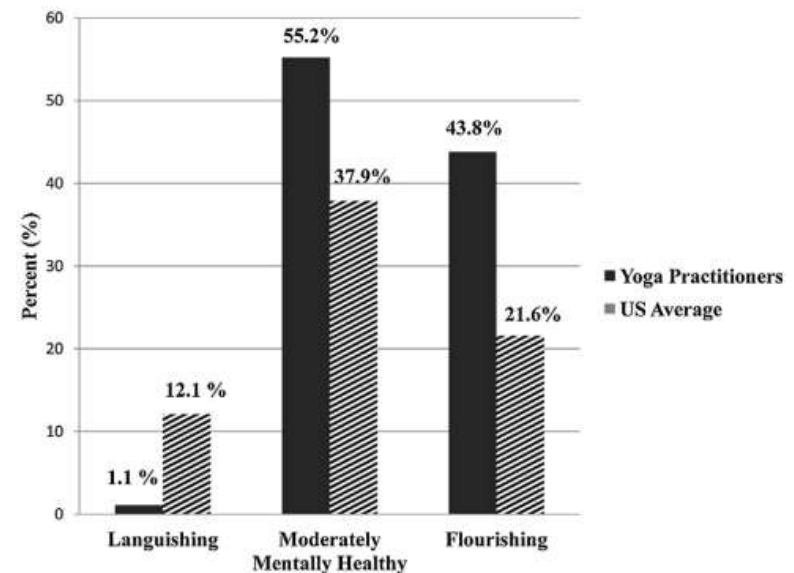


Figure 2 Comparison of mental health (mental health measured using Mental Health Continuum-short form) of yoga practitioners to national norms (national norms from the Midlife in the United States (MIDUS) study).

From: *National survey of yoga practitioners: mental and physical health benefits*, Ross A, Friedmann E, Bevans M, Thomas S, *Complementary Therapies Medicine*, 21:313-23, 2013.

Perceptions of Yoga on Health

Table 5 Results of Likert scale^a questions about subject's beliefs regarding the impact of yoga on various aspects of health ($n = 1045$).

Belief about yoga and health	Level of agreement		
	Strongly disagree/ disagree Frequency (%)	Neither agree nor disagree Frequency (%)	Agree/ strongly agree Frequency (%)
My sleep is better because of yoga	50 (4.8%)	279 (26.7%)	716 (68.5%)
My energy level is better because of yoga	34 (3.3%)	128 (12.2%)	883 (84.5%)
My health has improved because of yoga	35 (3.3%)	75 (7.2%)	935 (89.5%)
My diet is better because of yoga ($n = 1027$)	107 (10.4%)	438 (42.6%)	482 (47.0%)
Yoga has helped me to attain or maintain a healthier weight ($n = 1012$)	101 (10.0%)	331 (32.7%)	580 (57.3%)
I drink less or no alcohol because of yoga	300 (28.7%)	513 (49.1%)	232 (22.2%)
My relationships with others are better because of yoga	57 (5.5%)	287 (27.5%)	700 (67.0%)
I am happier because of yoga	36 (3.3%)	107 (10.2%)	903 (86.5%)

^a All questions used a 5-point Likert scale (strongly disagree, disagree, neither agree nor disagree, agree, or strongly agree).

From: National survey of yoga practitioners: mental and physical health benefits, Ross A, Friedmann E, Bevans M, Thomas S, Complementary Therapies Medicine, 21:313-23, 2013.

BMI in Yoga Practitioners

Table 2: Body mass index distributions based on lifetime hours of yoga experience

Lifetime hours of yoga experience	N	Mean BMI (SD)
0	143	29.37 (7.37)
1 to 2,500	96	24.04 (3.94)
2,501 to 5,000	60	23.64 (4.64)
5,000 to 7,500	18	22.69 (3.80)
7,500 to 10,000	14	22.73 (3.57)
10,000 to 12,500	7	22.39 (4.15)
12,500 to 15,000	5	21.18 (1.55)
More than 15,000	8	19.74 (1.31)
Total	351	25.85 (6.37)

From: *Increased Hatha yoga experience predicts lower body mass index and reduced medication use in women over 45 years*, Moliver N, Mika E, Chartrand M, Burrus S, Haussmann R, Khalsa S, *International Journal of Yoga*, 4:77-86, 2011.

Medications in Yoga Practitioners

Table 4: Number of medications used, detailed

Number of medications	Yoga practitioners	Non-practitioners	All participants
0	97 (46.0)	43 (23.6)	140 (35.6)
1	44 (20.9)	35 (19.2)	79 (20.1)
2	31 (14.7)	29 (15.9)	60 (15.3)
3	15 (7.1)	20 (11.0)	35 (8.9)
4	11 (5.2)	15 (8.2)	26 (6.6)
5	6 (2.8)	12 (6.6)	18 (4.6)
6	2 (0.9)	10 (5.5)	12 (3.1)
7	4 (1.9)	6 (3.3)	10 (2.5)
8 or more	1 (0.5)	12 (6.6)	13 (3.3)
Total	211 (100.0)	182 (100.0)	393 (100.0)

Figures in parenthesis are in percentage

From: *Increased Hatha yoga experience predicts lower body mass index and reduced medication use in women over 45 years*, Moliver N, Mika E, Chartrand M, Burrus S, Haussmann R, Khalsa S, *International Journal of Yoga*, 4:77-86, 2011.

Table 8: Types of medications used for conditions requiring medication

Medical condition	Yoga practitioners ^a	Non-practitioners ^b	Total	Z approx. ^c
Anxiety	10 (4.7)	20 (11.0)	30 (7.6)	-2.32*
Asthma	11 (5.2)	13 (7.1)	24 (6.1)	-0.80
Blood thinning	2 (0.9)	8 (4.4)	10 (2.5)	-2.16*
Bone density	19 (9.0)	18 (9.9)	37 (9.4)	-0.30
Cancer	2 (0.9)	5 (2.7)	7 (1.8)	-1.34
Depression	16 (7.6)	33 (18.1)	49 (12.5)	-3.15**
Diabetes or prediabetes	4 (1.9)	28 (15.4)	32 (8.1)	-4.87***
Digestion and elimination	11 (5.2)	17 (9.3)	28 (7.1)	-1.58
High blood pressure	18 (8.5)	55 (30.2)	73 (18.6)	-5.51***
High cholesterol	19 (9.0)	38 (20.9)	57 (14.5)	-3.33**
High triglycerides	2 (0.9)	10 (5.5)	12 (3.1)	-2.61**
Hot flashes	7 (3.3)	15 (8.2)	22 (5.6)	-2.12*
Inflammation or arthritis	10 (4.7)	27 (14.8)	37 (9.4)	-3.41**
Mood swings	2 (0.9)	3 (1.6)	5 (1.3)	-0.62
Other medication	34 (16.1)	31 (17.0)	65 (16.5)	-0.24
Other mood problems	3 (1.4)	0 (0.0)	3 (0.8)	-1.61
Pain	15 (7.1)	38 (20.9)	53 (13.5)	-3.98***
Sleep	10 (4.7)	15 (8.2)	25 (6.4)	-1.42
Thyroid	33 (15.6)	36 (19.8)	60 (17.6)	-1.07

Yoga for Exercise Adherence

Figure 1. Exercise Adherence Data by Time and Group

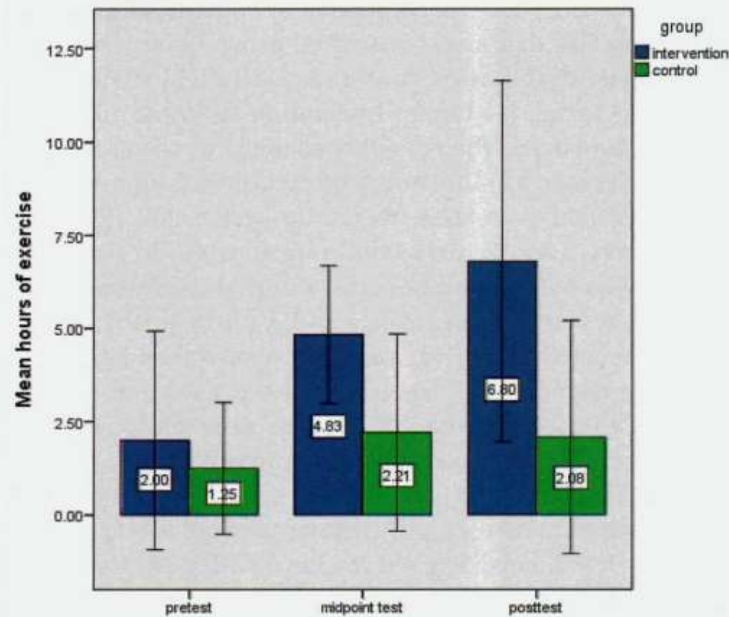
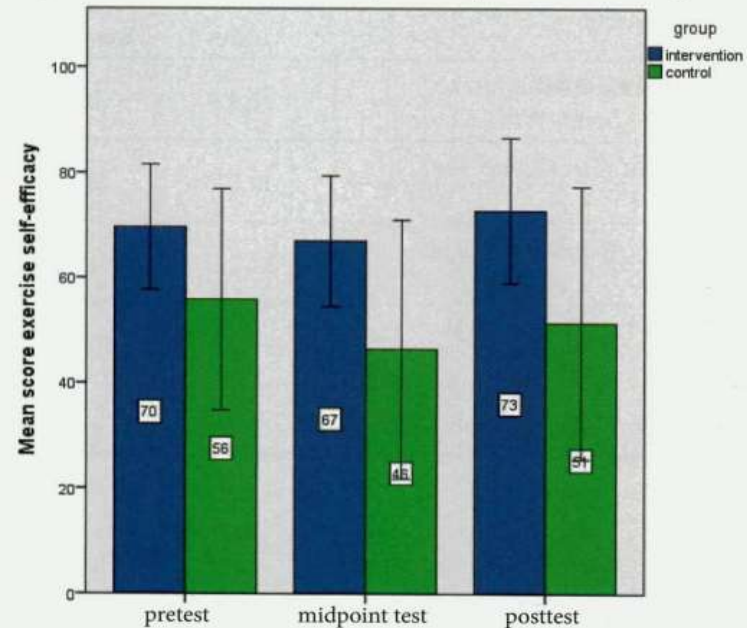


Figure 2. Exercise Self-efficacy Data by Time and Group



“The acute-feeling responses to the yoga classes were favorable and may have been a key contributor to participants' improved perceptions of ability, which may have further fostered adherence.”
“The participants reported an increased self-awareness as a result of their experience.”

From: The effects of yoga on psychosocial variables and exercise adherence: a randomized, controlled pilot study, Bryan S, Pinto Zipp G, Parasher R, Alternative Therapies in Health and Medicine, 18:50-9, 2012.



"They belonged to someone who taught
Yoga, and aside from hanging upside
down from time to time, they're very
quiet and well behaved."

Yoga Research by Institutes



VYASA

Vivekananda Yoga Anusandhana Samsthana

A Registered Charitable Society

Search



[HOME](#) [ABOUT US](#) [COURSES](#) [HEALTH CENTER](#) [NATIONAL](#) [INTERNATIONAL](#) [RESEARCH](#) [SERVICE PROJECTS](#) [ALUMNI](#) [CONTACT](#)

Vivekananda Yoga Anusandhana Samsthana > Research

Research

Vivekananda Yoga Anusandhana Samsthana (Vyasa), in collaboration with Swami Vivekananda Yoga Research Foundation (SVYASA), a recognized Scientific & Industrial Research Organization(SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Government of India, has published more than 200 research papers so far in the leading peer reviewed national and international journals. Added to this SVYASA is also equipped with a 200 bedded hospital (yoga therapy) serving s for the treatment of life style related ailments in the departments like Neurology,Spinal disorders,Metabolic disorders...etc.

Research Facility

The Swami Vivekananda Yoga Research Foundation was recognized as a Scientific & Industrial Research Organization(SIRO) from the Department of Scientific & Industrial Research, Ministry of Science & Technology, Government of India in the year 1988 as it was started following the path breaking work in evaluating the therapeutic use of yoga in the management of bronchial asthma [...]

[Read More](#)

Conferences

Vivekananda Yoga Anusandhana Samsthana (Vyasa), in concert with Swami Vivekananda Yoga Research Foundation (SVYASA), recognized Scientific & Industrial Research Organization(SIRO) conducts regular national and international level conferences, independently and jointly with other medical and research institutes for promoting holistic living and thus help in achieving health and well being of the human kind.

[Read More](#)

Research Projects

Vivekananda Yoga Anusandhana Samsthana (Vyasa) jointly with Swami Vivekananda Yoga Research Foundation (SVYASA), recognized Scientific & Industrial Research Organization(SIRO) , is constantly engaged in various research projects related to yoga , Neurology, Spinal and Metabolic disorders both at national and international level, independently and jointly in collaboration with similar institutions like IISc, NIMHANS etc.

Announcement

[June 21: World Yoga Day – 2015](#)

[2014 Autumn Semester – Admission Notification](#)

[June 23-29: Yoga Saptaha by Yogi Protoplasm](#)

[View All](#)

News & Events

- [Dr. H R Nagendra visits USA](#)
- [News from Turkey](#)
- [American Students learn about India](#)

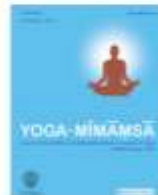
[View All](#)

Vyasa Hub

- [Yoga Sudha](#)
- [Arogyadharma](#)
- [SVYP Publications](#)
- [VYASA – National](#)
- [VYASA – International](#)

Scientific Research

Yoga Mimamsa is now Online



Scientific Research Department

The laboratories in the department are equipped with modern scientific instruments to carry out fundamental and applied research work in Yoga.

AIMS AND OBJECTIVES

- To investigate various Yoga practices on modern scientific lines by using modern sophisticated equipments and techniques employed in Physiology, Bio-chemistry, Psychology, Neuropsychology, Physical Education and allied disciplines.
- Developing methods standardize the technique of various yoga practices on the basis of scientific investigation.
- To critically review the literature on Yoga in order understand yogic concepts available in related texts for facilitating scientific investigation on Yoga.
- To collect the published scientific work on Yoga done in SRO and elsewhere and to prepare monographs, abstracts and bibliographies on selected yogic practices.
- To project and disseminate the scientific information on Yoga through publication, participation in conferences and also by organizing seminars and workshops.
- To implement research findings and suggestions for updating the theoretical and the practical training aspects in Yoga, imparted at G.S. College of Yoga and Cultural Synthesis as well as in the Yoga camps organized by Kaivalyadhama, in the light of the scientific researches in Yoga.
- To collaborate and co-ordinate with Philosophico-Literary Research Department and Yogic Hospital of our institute and also with other research institutions and agencies to facilitate generation and promotion of the scientific information relating to Yoga practices.

RECOGNITIONS

- Scientific & Industrial Research Organization (SIRO), the Department of Scientific & Industrial Research, Ministry of Science & Technology, Government of India has accorded recognition to Kaivalyadhama, since, 1968 as an Institute of Scientific Research.
- The institute has been recognized by the University of Pune, as a Research Centre from the year 1984. Looking at the research activities of the institute University of Pune has granted permanent recognition from the year 2007.



National Institute of Mental Health and Neurosciences

राष्ट्रीय मानसिक स्वास्थ्य और स्नायु विज्ञान संस्थान

ರಾಷ್ಟ್ರೀಯ ಮಾನಸಿಕ ಆರೋಗ್ಯ ಮತ್ತು ನರವಿಜ್ಞಾನ ಸಂಸ್ಥೆ

NIMHANS
An Institute of National Importance



ABOUT
NIMHANS

PATIENT
CARE

DEPARTMENTS

RESEARCH

HEALTH
INFORMATION

TRAINING &
ACADEMICS

CAREERS

Home > Advanced Centre Yoga

Advanced Centre for Yoga

Services

Administration

TRAINING

Research

Contact Us

The National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore, India, being a pioneer institute for psychiatric and neurological services, has been conducting research in Yoga since the early 1970's. Considering the popularity of Yoga, it was thought essential to establish an Advanced Yoga Therapy Centre in specialized fields of Medicine. Thus, the Advanced Centre for Yoga- Mental health and Neurosciences, a facility funded by the Ministry of Health, Govt. of India, was established at NIMHANS, Bangalore in November 2007. This centre was dedicated to Yoga promotion, training and research. The Advanced Centre provided service for patients and their caregivers suffering from psychiatric and neurological conditions, and also carried out pioneering research into the use of Yoga in neuropsychiatric conditions.

NIMHANS has now established the **Integrated Centre for Yoga** to carry on the work of the Advanced Centre. Situated in the AYUSH Block at NIMHANS, the centre has the capacity for conducting three batches of Yoga therapy sessions simultaneously. The central hall has a capacity to conduct Yoga sessions for over 20 members. The centre is fully equipped with communication and research facilities. These facilities also aid in conducting regular academic programs in the centre.

Photo Gallery





**SRI BALAJI
VIDYAPEETH**
Deemed-to-be University
under Sec. 3 of UGC Act 1956.

About »
Visit Information

Students »
Section

Research »
at SBV

Courses »
on offer at SBV

Admissions »
to courses

CYTER – CENTER FOR YOGA THERAPY, EDUCATION AND RESEARCH

CYTER

THE INNOVATIVE ASPECTS OF CYTER

FACULTY

YOGA THERAPY

YOGA EDUCATION

OUTREACH PROGRAMMES

CME's

Publications

Vision

Modern medical advancements provide the rationale for the integration of various traditional healing techniques like yoga to promote healing, health, and longevity. Thanks to the foresight of Chairman and management of SBVU and MGMCI, CYTER was started on 1 November 2010 and was functioning adjacent to Blood bank in Hospital Block. Currently functioning in 1st Floor, 1 block, adjacent to the main Hospital block, MGMCI since December 2013.

"There are many centers where you can get a Yoga degree, attend a Yoga therapy session or find Yoga research being undertaken. However, to have all three happening in one place is surely innovative. This center is indeed a role-model that combines the best of the East with that of the West." - Joseph Le Pape, founder- Integrative Yoga Therapy, USA

At CYTER we have an integrated set up where we are educating future Yoga therapists, simultaneously helping patients recover from illnesses and at the same time developing an understanding through scientific research.

Whereas Yoga is usually found in departments of Physical Education & Sports in most universities, we at CYTER have it in a medical institution thus enhancing the learning curve of our trainees as also enabling us to offer holistic therapeutic benefits for all patients in our hospital.





A panel session during the workshop on Yoga for better attention, memory and associated functions, February 21-22, 2015.



Research fellows Arvi Yadav M.Sc. and Shwangi Pathak M.Sc. distributing the certificates during the workshop on Yoga for better attention, memory and associated functions, February 21-22, 2015.



Welcome to Patanjali Research Foundation

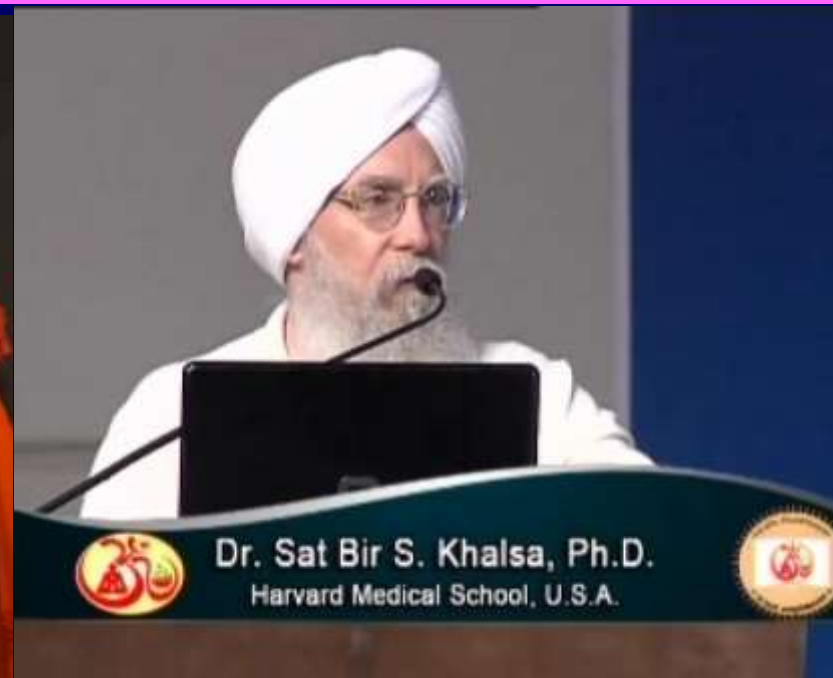
Patanjali Research Foundation was started in August 2010. This Research Foundation is a part of Patanjali Yogpeeth and is located in Haridwar, in the north of India.

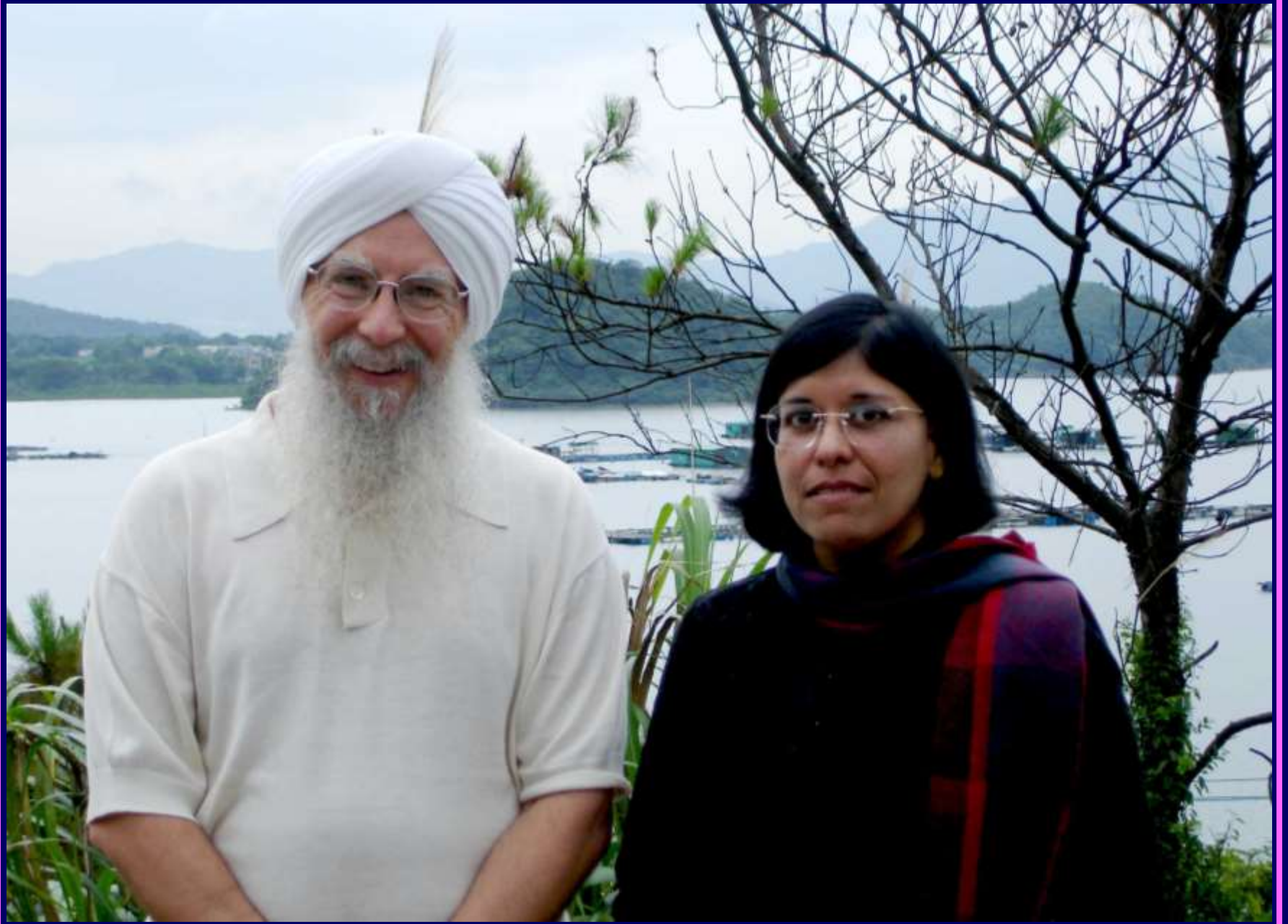
Patanjali Research Foundation (and indeed the parent body, Patanjali Yogpeeth) are named after the great Indian sage, Patanjali (circa 900 B.C.) who first compiled the numerous writings on yoga in a way which is relevant and can be understood by people today.

The foundation aims at:

1. Evaluating indigenous systems of medicine, particularly yoga and ayurveda, so that their physiological effects are studied using present-day scientific methods, with an aim of using these systems of medicine to promote health and manage disease.
2. While the Foundation largely uses actual scientific studies carried out in laboratories, the aim would also be to revise the ancient texts for contemporary reading.
3. Evaluating the use of home remedies through scientific studies so that these methods of healing may, if found suitable, be integrated in contemporary healing practices and hence be preserved.
4. Studying the scientific basis for ancient practices used in various areas of life (e.g., farming and architecture) so that these ancient practices can be better understood and hence preserved.







Kripalu | center for yoga & health

Kripalu center for yoga & health

[home](#) | [guest information](#) |



[make a gift](#) | [library & resources](#) |

[catalog request](#) |



[the shop](#) |

[view cart](#)

in the berkshires of western massachusetts [directions](#) **866.200.5203**

search

GO



[plan a visit](#)

[train with us](#)

[view](#)

[be part of kripalu](#)

[healthy living programs](#)

[r&r retreat](#)

[faculty and invited presenters](#)

[program themes](#)

[healing arts](#)

find a program

by calendar

08/20/2014



[pick a date](#)

GO

by presenter

GO

by web code

Kripalu Institute for Extraordinary Living Changing the World Through Yoga Research

What if we were to make yoga widely available to schoolchildren and their teachers? To those who are sick as well as their caregivers?

Yoga has the potential to change our world—both through the alleviation of suffering and the creation of vast opportunities for self-fulfillment. Those of us who practice yoga know this is true. But in order to imbue the transformational effects of yoga deeply into our society, we must combine the gifts of yoga with scientific validation. This is what the IEL is doing!

Did you know that the IEL is developing and rigorously evaluating yoga-based programs to transform schools and health care? Teams of Kripalu yogis and leading scientists are joining together to make the case that yoga can transform our world and build the programs to make it happen.

Please find out more about our work by reviewing the information throughout this website. If you can, we urge you to make a donation (at right) to support one of our projects. You can bring the gift of yoga to schoolchildren and to so many others who might not otherwise have access to yoga.

yoga, research, and...

- [Schools](#)
- [Health Care](#)
- [Research](#)

get involved.

[donate now](#)

[symposium on yoga research](#)

The Front Line of Yoga Research

September 24–26, 2014

The West's foremost academic yoga research conference.

[Find out more.](#)



Okay,
your posture's very good.
Now, relax, concentrate,
and slowly let go of your
cell phone.

Kripalu Yoga Research

Published Research Involving Kripalu Yoga

- 33 published research studies from 1985 to 2015
- 16 studies related to the Institute for Extraordinary Living

Published Research Involving Kripalu Yoga

- Greater widespread functional connectivity of the caudate in older adults who practice kripalu yoga and vipassana meditation than in controls, Gard T, Taquet M, Dixit R, Hölzel BK, Dickerson BC, Lazar SW, Front Hum Neurosci. 2015 Mar 16;9:137.
- Yoga for Military Service Personnel With PTSD: A Single Arm Study, Johnston JM, Minami T, Greenwald D, Li C, Reinhardt K, Khalsa SB, Psychol Trauma. 2015 May 25.
- Yoga May Mitigate Decreases in High School Grades, Butzer B, van Over M, Noggle Taylor JJ, Khalsa SB, Evid Based Complement Alternat Med. 2015;2015:259814.

Published Research Involving Kripalu Yoga

- Fluid intelligence and brain functional organization in aging yoga and meditation practitioners, Gard T, Taquet M, Dixit R, Hölzel BK, de Montjoye YA, Brach N, Salat DH, Dickerson BC, Gray JR, Lazar SW, Front Aging Neurosci. 2014 22;6:76.
- Insular cortex mediates increased pain tolerance in yoga practitioners, Villemure C, Ceko M, Cotton VA, Bushnell MC, Cereb Cortex. 2014 Oct;24(10):2732-40.
- Examining Mechanisms of Change in a Yoga Intervention for Women: The Influence of Mindfulness, Psychological Flexibility, and Emotion Regulation on PTSD Symptoms, Dick AM, Niles BL, Street AE, DiMartino DM, Mitchell KS, J Clin Psychol. 2014 May 28.
- The Effects of a Therapeutic Yoga Program on Postural Control, Mobility and Gait Speed in Community-Dwelling Older Adults, Kelley KK, Aaron D, Hynds K, Machado E, Wolff M, J Altern Complement Med. 2014 Dec;20(12):949-54.
- A pilot study of a randomized controlled trial of yoga as an intervention for PTSD symptoms in women, Mitchell KS, Dick AM, DiMartino DM, Smith BN, Niles B, Koenen KC, Street A, J Trauma Stress. 2014 Apr;27(2):121-8.
- Evaluation of the benefits of a kripalu yoga program for police academy trainees: a pilot study, Jeter PE, Cronin S, Khalsa SB, Int J Yoga Therap. 2013;23(1):24-30.

Published Research Involving Kripalu Yoga

- Qualitative evaluation of a high school yoga program: feasibility and perceived benefits, Conboy LA, Noggle JJ, Frey JL, Kudesia RS, Khalsa SB, Explore (NY). 2013 May-Jun;9(3):171-80.
- Yoga reduces performance anxiety in adolescent musicians, Khalsa SB, Butzer B, Shorter SM, Reinhardt KM, Cope S, Altern Ther Health Med. 2013 Mar-Apr;19(2):34-45.
- Psychological well-being, health behaviors, and weight loss among participants in a residential, Kripalu yoga-based weight loss program, Braun TD, Park CL, Conboy LA, Int J Yoga Therap. 2012;(22):9-22.
- Benefits of yoga for psychosocial well-being in a US high school curriculum: a preliminary randomized controlled trial, Noggle JJ, Steiner NJ, Minami T, Khalsa SB, J Dev Behav Pediatr. 2012 Apr;33(3):193-201.
- **Teaching Mindfulness on an Inpatient Psychiatric Unit, M. Knight, D. Pultinas, S Collins, C. Sellig, DC Freeman, C Strimaitis, N Simms, RR Silver, Mindfulness, 2012.**
- Evaluation of the mental health benefits of yoga in a secondary school: a preliminary randomized controlled trial, Khalsa SB, Hickey-Schultz L, Cohen D, Steiner N, Cope S, J Behav Health Serv Res. 2012 Jan;39:80-90.

Published Research Involving Kripalu Yoga

- A yoga intervention for music performance anxiety in conservatory students, Stern JR, Khalsa SB, Hofmann SG, Med Probl Perform Art. 2012 Sep;27(3):123-8.
- Effects of a yoga program on postural control, mobility, and gait speed in community-living older adults: a pilot study, Zettergren KK, Lubeski JM, Viverito JM, J Geriatr Phys Ther. 2011 Apr-Jun;34(2):88-94.
- Is There More to Yoga Than Exercise? J. Andy Smith, MA; Tammy Greer, PhD; Timothy Sheets, PhD; Sheree Watson, PhD, Altern Ther Health Med. 2011;17(3):22-29.
- A pilot randomized controlled trial of the Yoga of Awareness program in the management of fibromyalgia, Carson JW, Carson KM, Jones KD, Bennett RM, Wright CL, Mist SD, Pain. 2010 Nov;151(2):530-9.
- Moving beyond health to flourishing: the effects of yoga teacher training, Conboy LA, Wilson A, Braun T, Scientific World Journal. 2010 May 4;10:788-95.
- Is women's participation in different types of yoga classes associated with different levels of body awareness and body satisfaction? Delany, K., & Anthis, K., International Journal of Yoga Therapy, 20, 62–71, 2010.

Published Research Involving Kripalu Yoga

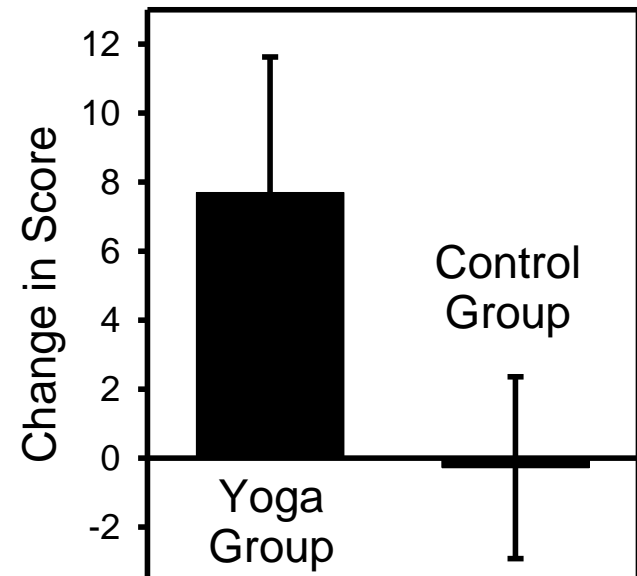
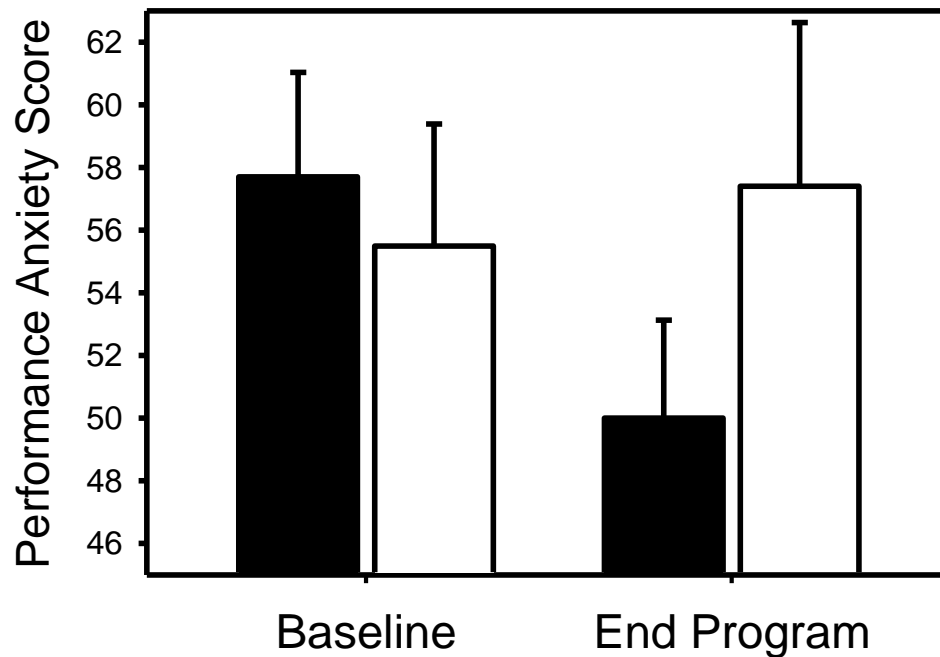
- Yoga ameliorates performance anxiety and mood disturbance in young professional musicians, Khalsa SB, Shorter SM, Cope S, Wyshak G, Sklar E, Appl Psychophysiol Biofeedback. 2009 Dec;34(4):279-89.
- Impact of a short yoga intervention on medical students' health: a pilot study, Simard AA, Henry M, Med Teach. 2009 Oct;31(10):950-2.
- Ayurveda and Panchakarma: measuring the effects of a holistic health intervention, Conboy L, Edshteyn I, Garivaltis H., Scientific World Journal. 2009 Apr 27;9:272-80.
- Yoga of Awareness program for menopausal symptoms in breast cancer survivors: results from a randomized trial, Carson JW1, Carson KM, Porter LS, Keefe FJ, Seewaldt VL, Support Care Cancer, 17(10):1301-9, 2009.
- The use of Kripalu yoga to decrease overresponsivity: a pilot study, Mollo, K., Schaaf, R., & Benevides, T., Sensory Integration, Special Interest Section Quarterly 31(3) 1-4, 2008.
- Perceived Benefits of Kripalu Yoga Classes in Diverse and Underserved Populations, Wilson AM, Marchesiello K, Khalsa SBS, International Journal of Yoga Therapy. 2008, Issue 18, p65-71.

Published Research Involving Kripalu Yoga

- Genomic counter-stress changes induced by the relaxation response, Dusek JA, Otu HH, Wohlhueter AL, Bhasin M, Zerbini LF, Joseph MG, Benson H, Libermann TA, PLoS One. 2008 3(7):e2576.
- Effects of a yoga lifestyle intervention on performance-related characteristics of musicians: a preliminary study, Khalsa SB, Cope S, Med Sci Monit. 2006 Aug;12(8):CR325-31.
- The effects of yoga training and a single bout of yoga on delayed onset muscle soreness in the lower extremity, Boyle CA, Sayers SP, Jensen BE, Headley SA, Manos TM, J Strength Cond Res. 2004 Nov;18(4):723-9.
- When the Therapist is a Yogi: Integrating Yoga and Psychotherapy, Keane, WM, Journal of the International Association of Yoga Therapists; 1995, Vol. 6, p15, 8p.
- Intense personal experiences: subjective effects, interpretations, and after-effects, Wilson SR, Spencer RC, J Clin Psychol. 1990, 46(5):565-73.
- Therapeutic processes in a yoga ashram, Wilson, Stephen R, American Journal of Psychotherapy, Vol 39(2), Apr, 1985, 253-262.

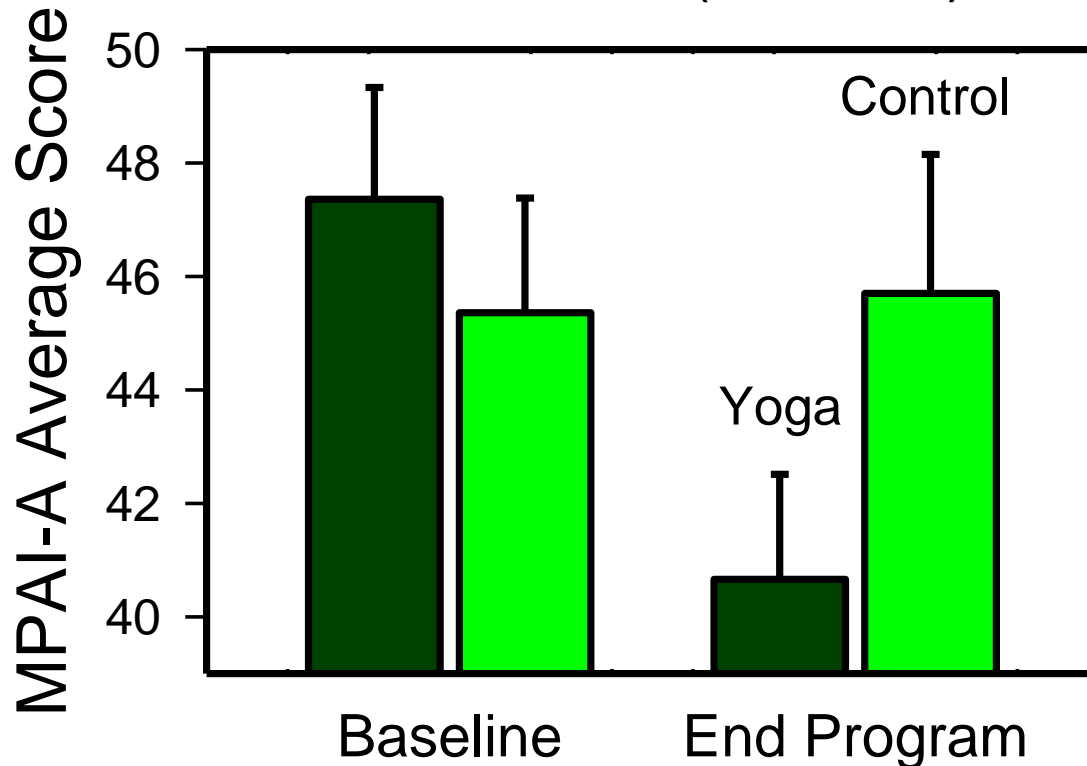
Performance Anxiety

Solo Performance Anxiety



Kripalu Yoga for Performance Anxiety

Music Performance Anxiety Inventory for Adolescents (MPAI-A)



From: *Yoga Reduces Performance Anxiety in Adolescent Musicians*,
Khalsa SBS, Butzer B, Shorter SM, Reinhardt K., Cope S, under review.

Kripalu Yoga for Performance Anxiety

Articles

A Yoga Intervention for Music Performance Anxiety in Conservatory Students

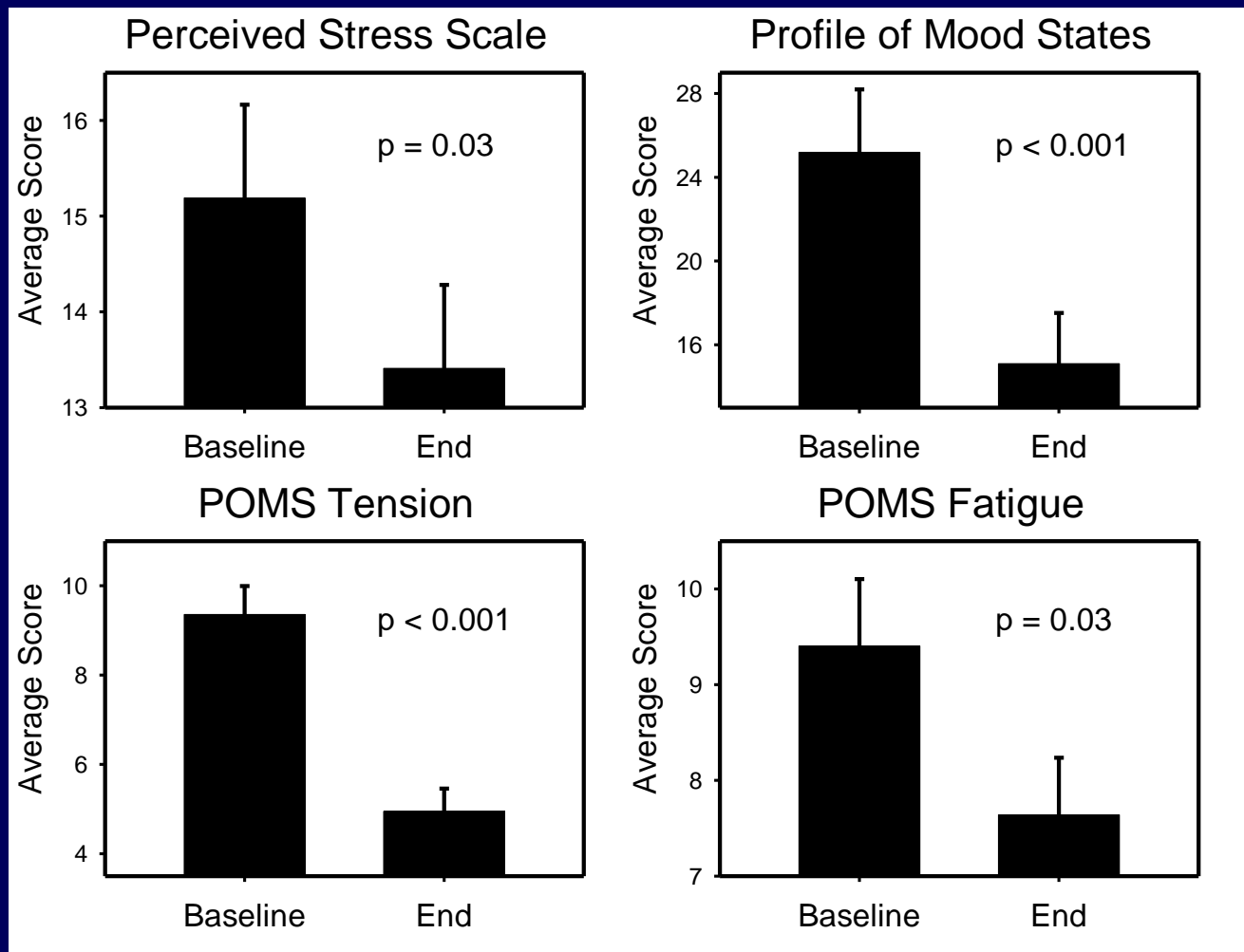
Judith R.S. Stern, PhD, JD, Sat Bir S. Khalsa, PhD, and Stefan G. Hofmann, PhD

Music performance anxiety can adversely affect musicians. There is a need for additional treatment strategies, especially those that might be more acceptable to musicians than existing therapies. This pilot study examined the effectiveness of a 9-week yoga practice on reducing music performance anxiety in undergraduate and graduate music conservatory students, including both vocalists and instrumentalists. The intervention consisted of fourteen 60-minute yoga classes approximately twice a week and a brief daily home practice. Of the 24 students enrolled in the study, 17 attended the post-intervention assessment. Participants who completed the measures at both pre- and post-intervention assessments showed large decreases in music performance anxiety as well as in trait anxiety. Improvements were sustained at 7- to 14-month follow-up. Participants generally provided positive comments about the program and its benefits. This study suggests that yoga is a promising intervention for music performance anxiety in conservatory students and therefore warrants further research. *Med Probl Perform Art* 2012; 27(3): 123-128.

blockers appear to reduce somatic symptoms of MPA while improving some aspects of performance quality.⁴ Other methods of treating MPA that show promise include cognitive-behavioral therapy. Some mind-body interventions, including meditation, have been assessed in a few small studies each.⁵ Most musicians with MPA, however, do not avail themselves of psychotherapy.⁶ In a 1986 survey of 2,212 orchestral musicians by the International Conference of Symphony and Opera Musicians (ICSOM), only 25% of musicians suffering from severe stage fright reported trying psychological counseling.⁷

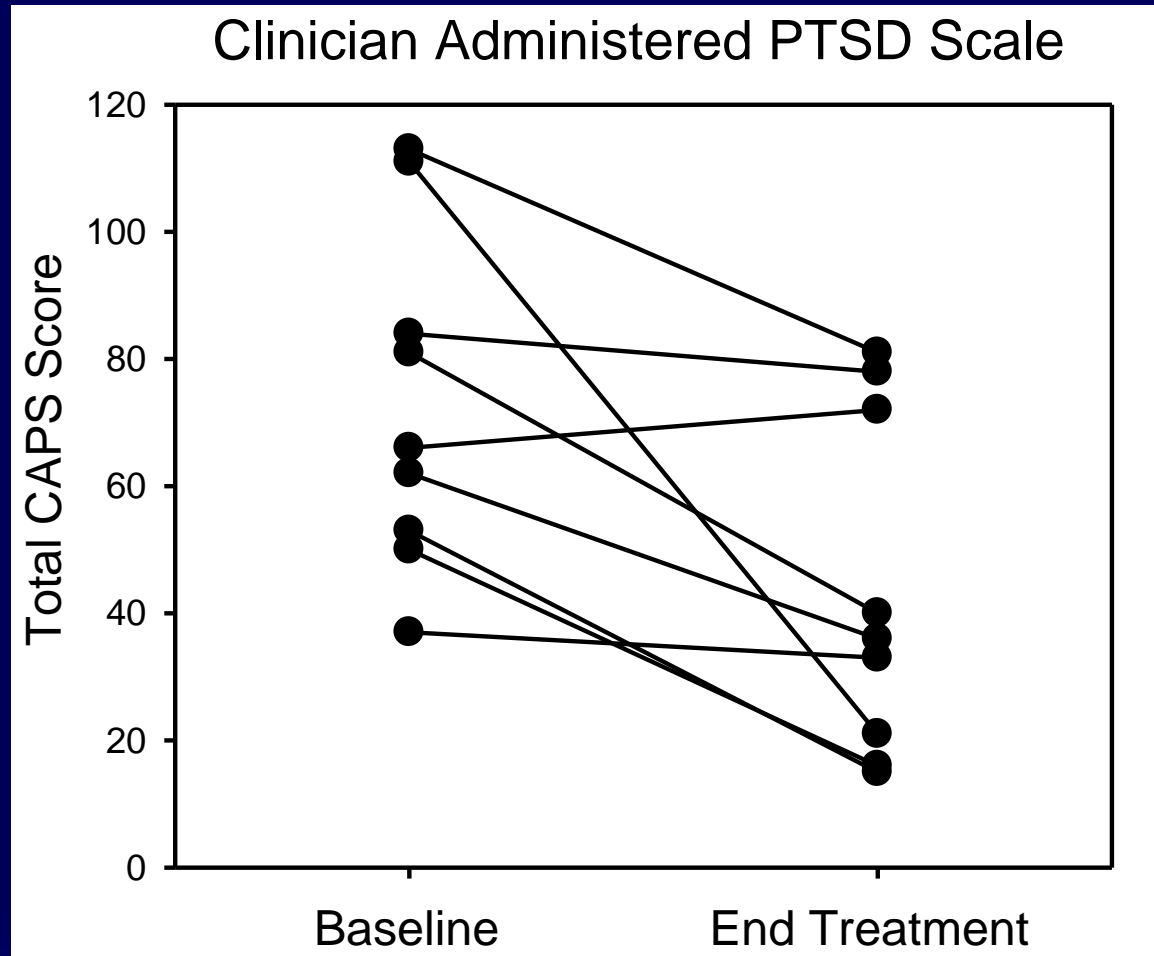
Yoga, a holistic mind-body practice that includes cognitive (meditation) and somatic (physical postures and breathing exercises) elements, has been described as an "attractive therapeutic option" for anxiety and anxiety disorders, especially for people who reject conventional psychological treat-

Stress / Mood in Police Academy Recruits

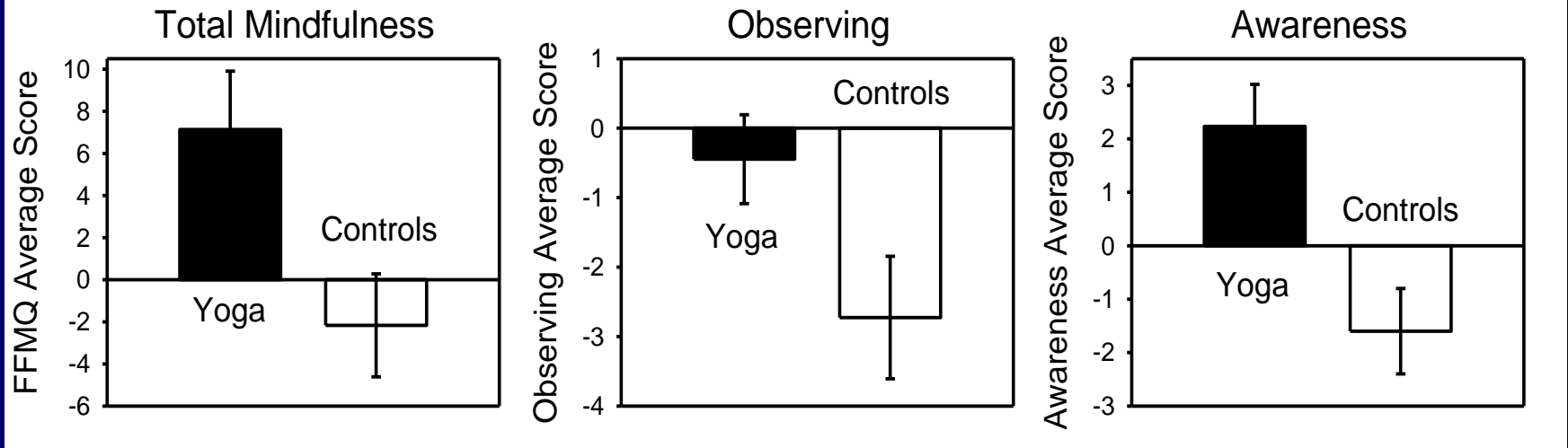


From: *A Kripalu yoga intervention in police academy recruits, Khalsa SBS, Morgan L, Cronin S, Unpublished data.*

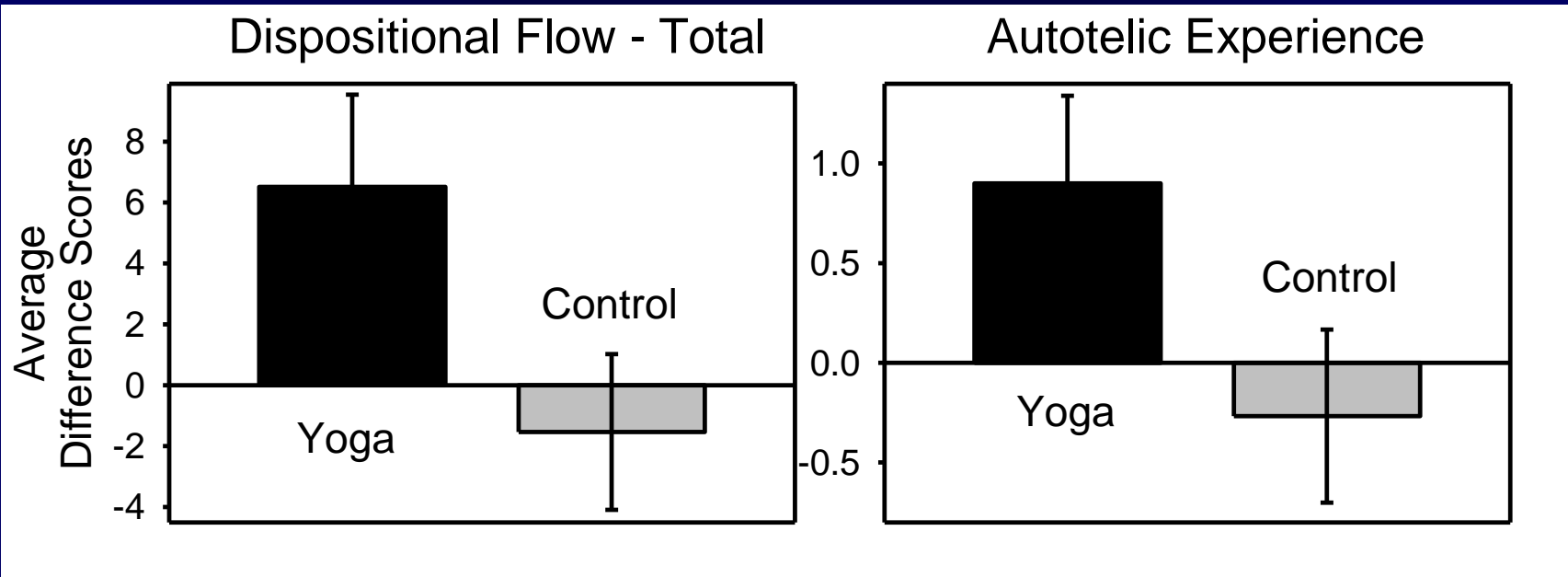
Yoga for PTSD



Positive Psychological Changes in Musicians with Kripalu Yoga



Positive Psychological Changes in Musicians with Kripalu Yoga





©Hilary B. Price

Evaluation of the Mental Health Benefits of Yoga in a Secondary School: A Preliminary Randomized Controlled Trial

Sat Bir S. Khalsa, PhD

Lynn Hickey-Schultz, EdD

Deborah Cohen, MEd

Naomi Steiner, MD

Stephen Cope, MSW

80

The Journal of Behavioral Health Services & Research

39:1

January 2012

Original Article

Benefits of Yoga for Psychosocial Well-Being in a US High School Curriculum: A Preliminary Randomized Controlled Trial

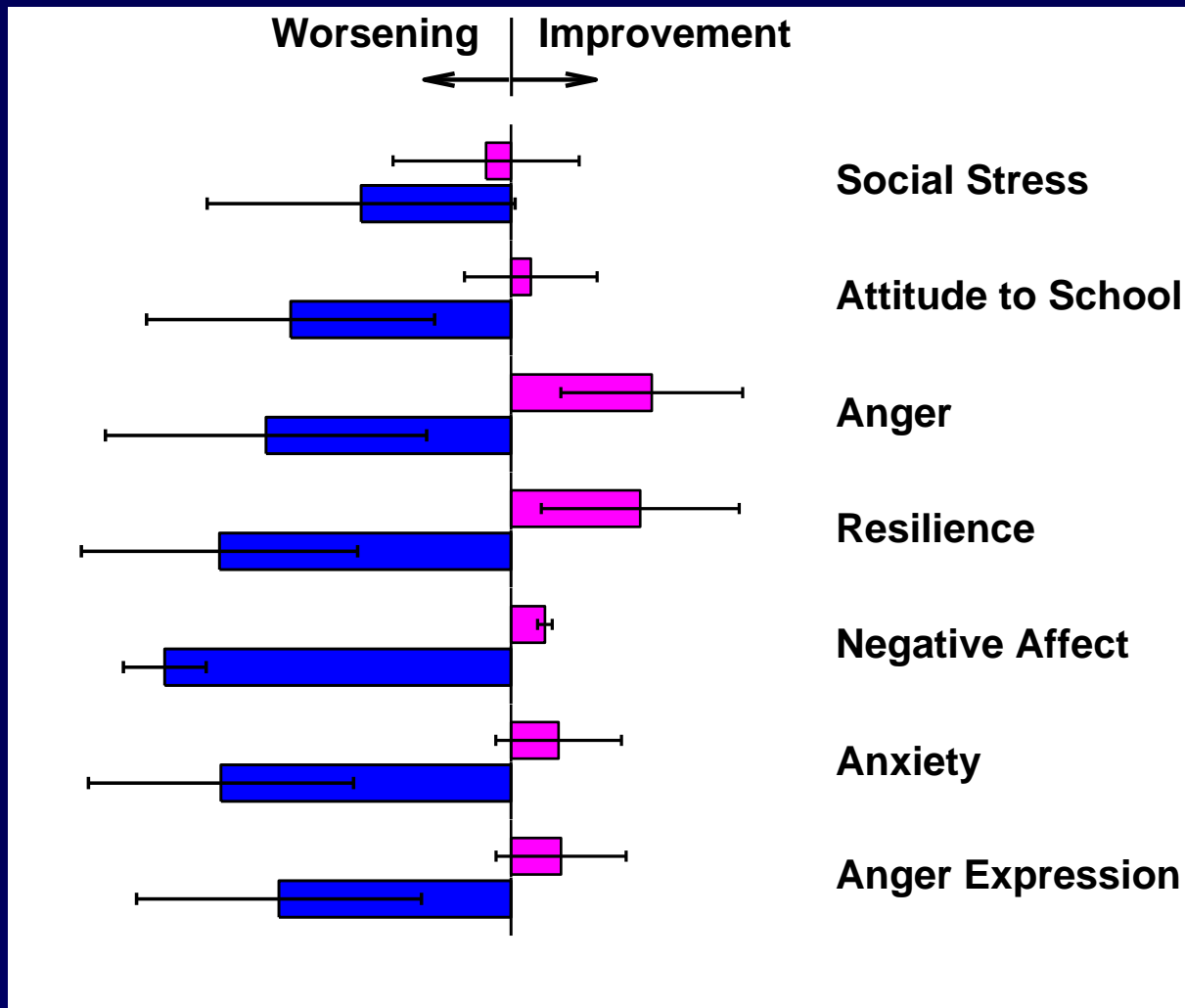
Jessica J. Noggle, PhD,* Naomi J. Steiner, MD,† Takuya Minami, PhD,‡ Sat Bir S. Khalsa, PhD*

Yoga in Public School Research

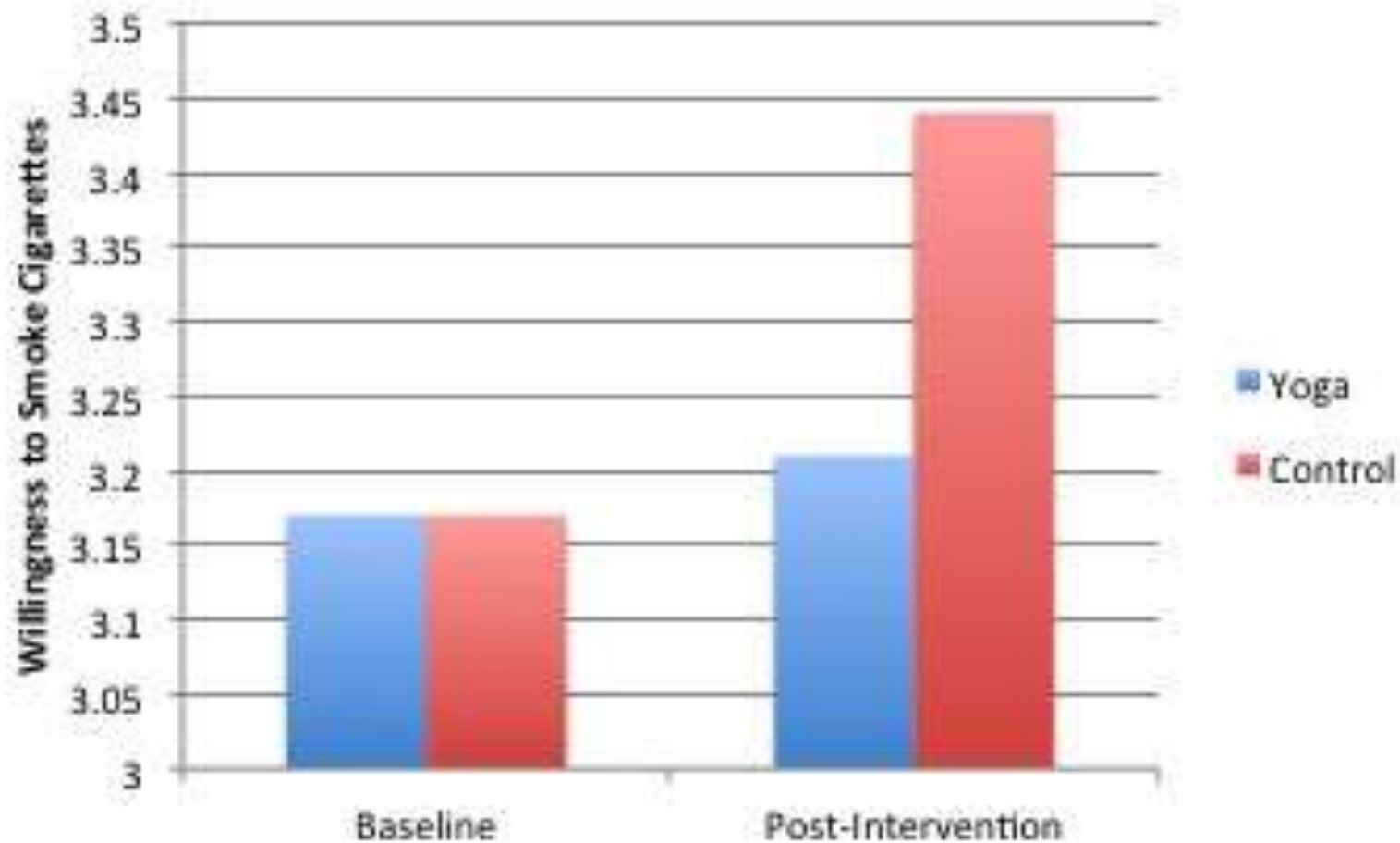
- 12-week 1-hr Yoga Ed/Kripalu classes 2-3 times/week
- RCT, yoga vs. physical education, N ~ 100
- Qualitative interviews post-program
- Self-report pre-post mental health questionnaires



Mental Health Outcomes



Mental Health Outcomes



ORIGINAL RESEARCH

QUALITATIVE EVALUATION OF A HIGH SCHOOL YOGA PROGRAM: FEASIBILITY AND PERCEIVED BENEFITS

Lisa A. Conboy, MA, MS, ScD,^{1#} Jessica J. Noggle, PhD,² Jessica L. Frey, BA,³ Ravi S. Kudesia, BA,⁴ and Sat Bir S. Khalsa, PhD²

This is the first published qualitative assessment of a yoga program applied in a high school setting. This qualitative interview study was nested in a randomized, controlled trial studying the effects of a yoga program offered in place of a semester of physical education classes at a rural public high school. Student interviews were conducted after taking part in a semester of the yoga program. A formal passive consent with information about the qualitative study was sent home to parents/guardians of all students in the parent study before the interviews. Most students enjoyed the yoga classes and felt benefits. Negative reports of yoga practice were associated with gender as most males sensed peer pressure against practicing yoga. Despite this finding, most students wanted to continue yoga and would continue if it were offered in school. Positive reports include a greater kinesthetic awareness, which some students associated with a greater respect for the body and improved self-image. Among students report-

ing psychological benefits, many cited stress reduction; many used yoga to manage negative emotions; and some propagated more optimism. Most thought yoga could reduce interest in the use of drugs and alcohol and increase social cohesion with family and peers. We found that a yoga program is feasible in this sample of 9th and 10th graders, especially after benefits are perceived. We also found evidence that yoga may lead to emergent positive benefits in health behaviors not directly prescribed by the program. These results suggest that school-based yoga programs may be appropriate for promoting healthy behaviors at a societal level by focusing on the prevention of negative patterns during the adolescent transition.

Key words: Yoga, high school, qualitative, complementary medicine, adolescent

(Explore 2013; 9:171-180. © 2013 Elsevier Inc. All rights reserved.)

Stress

- “Before you’re taking a test... relax and breathe and you don’t get as nervous or as tense.”
- “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...”
- “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.”
- “My friends would complain before and after [class] so there was a lot of peer pressure to not like yoga but it made me more calm... I like it but you know, a bunch of my friends are peer pressuring and stuff ... they are like ‘yoga sucks’ and all that stuff. I’m like ‘oh I feel relaxed’ and they are like dude how can you feel relaxed?”

From: Qualitative evaluation of a high school yoga program: Feasibility and perceived benefits, Conboy LA, Noggle JJ, Frey JL, Kudesia RS, Khalsa SBS, Explore: The Journal of Science & Healing, 9:171-180, 2013.

Awareness

- “I learned how to pay attention to how my body feels...”
- “Respecting how my body works ... the poses helped with gaining control over myself ... yoga gave me a new perspective on my body and I have more control than I thought I did.”
- “I was motivated and inspired to practice yoga outside of class at home. It was great to have a form of exercise I found enjoyable and that felt good. I noticed myself changing: an increase in self awareness and it felt like instant gratification.”
- “I have been eating healthier, more fruits and vegetables and not a lot of junk food; [for example] ice cream and candy...”

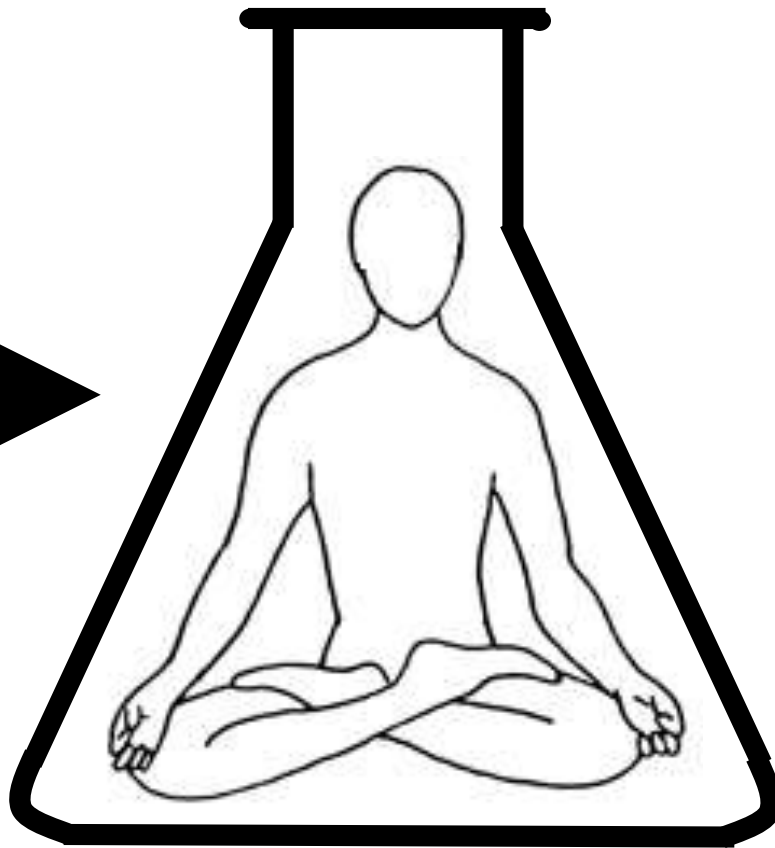
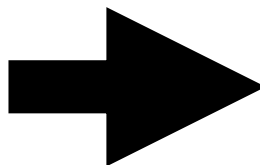
From: Qualitative evaluation of a high school yoga program: Feasibility and perceived benefits, Conboy LA, Noggle JJ, Frey JL, Kudesia RS, Khalsa SBS, Explore: The Journal of Science & Healing, 9:171-180, 2013.

Transformation

- “I am fascinated by the culture of yoga, how people can change their lives and help themselves physically, emotionally ... I am interested in learning more.”
- “I have been a lot more happier lately ... I feel like a better person, making better choices, and staying out of trouble.”
- I definitely benefited from yoga classes. ...I also have a poor ethic doing something on a regular basis so yoga classes helped with dedication.
- “It (yoga) has made a huge impact on our school...It is making our school a better place.”

From: Qualitative evaluation of a high school yoga program: Feasibility and perceived benefits, Conboy LA, Noggle JJ, Frey JL, Kudesia RS, Khalsa SBS, Explore: The Journal of Science & Healing, 9:171-180, 2013.

Research Funding



Future Directions

- **New Disorders**
- **Neuroimaging**
- **Genomic Expression**
- **Specificity of Practices**
- **Positive Psychology**

Acknowledgements

Collaborators/Consultants

- Bethany Butzer, Ph.D.
- Lisa Conboy, Ph.D. – Harvard Medical School
- Stephen Cope – Kripalu Center for Yoga and Health
- Shivam Dubey, M.D. – Harvard Medical School
- Erin Dunn, Ph.D. – Harvard Medical School
- Jeff Dusek, Ph.D. – Allina Healthcare
- Mark Greenberg, Ph.D. – Penn State University
- Stefan Hoffman, M.D. – Boston University
- Sunny Hyucksun, Ph.D. – Boston University
- Jennifer Johnston, Ph.D. – Northeastern University
- Mindy Miraglia
- Jessica Noggle, Ph.D. – Harvard Medical School
- Ashleigh Parsons – Harvard Graduate School of Education
- Lynn Schultz, Ph.D. – Harvard Medical School
- Stephanie Shorter, Ph.D.
- Naomi Steiner, M.D. – Tufts University
- Judith Stern, Ph.D. – Boston University
- Bessel van der Kolk, M.D. – The Trauma Center / BU
- Ashley Winning, Ph.D. – Harvard School of Public Health
- Grace Wyshak, Ph.D. – Harvard School of Public Health

Technical Assistance

- Deborah Cohen
- Angela Wilson
- Iona Bringham
- Torrey Baldwin
- Janna Delgado
- Kristen Reinhardt
- Mira Chernick
- Larissa Carlson
- Tosca Braun
- Elyse Sklar
- Giusep Vitale
- Setareh Fararoyo
- Pamela Scorza
- Edi Pasalis
- David Schouela
- Anna Kharaz
- Katrina Peterson
- Clayton McClintock
- Emilia Sabatowska
- Chanel Luck
- Todd Abrams
- Valerie Yip
- Jess Frey
- Olga Overmeyer
- Amanda Kealey

Kripalu | center for yoga & health

Kripalu center for yoga & health

[home](#) | [guest information](#) | [make a gift](#) | [library & resources](#) | [catalog request](#) | [the shop](#) | [view cart](#)

in the berkshires of western massachusetts [directions](#) **866.200.5203**

search

GO



plan a visit

train with us

view

be part of kripalu

healthy living programs

r&r retreat

faculty and invited presenters

program themes

healing arts

find a program

by calendar

08/20/2014

pick a date

GO

by presenter

enter name

GO

by web code

Kripalu Institute for Extraordinary Living Changing the World Through Yoga Research

What if we were to make yoga widely available to schoolchildren and their teachers? To those who are sick as well as their caregivers?

Yoga has the potential to change our world—both through the alleviation of suffering and the creation of vast opportunities for self-fulfillment. Those of us who practice yoga know this is true. But in order to imbue the transformational effects of yoga deeply into our society, we must combine the gifts of yoga with scientific validation. This is what the IEL is doing!

Did you know that the IEL is developing and rigorously evaluating yoga-based programs to transform schools and health care? Teams of Kripalu yogis and leading scientists are joining together to make the case that yoga can transform our world and build the programs to make it happen.

Please find out more about our work by reviewing the information throughout this website. If you can, we urge you to make a donation (at right) to support one of our projects. You can bring the gift of yoga to schoolchildren and to so many others who might not otherwise have access to yoga.

yoga, research, and...

- Schools
- Health Care
- Research

get involved.

[donate now](#)

[symposium on yoga research](#)

The Front Line of Yoga Research

September 24–26, 2014

The West's foremost academic yoga research conference.

[Find out more.](#)

TATRC

TELEMEDICINE & ADVANCED TECHNOLOGY RESEARCH CENTER

[HOME](#)
[ABOUT](#)
[PORTFOLIOS](#)
[LOCATIONS](#)
[LIBRARY](#)
[FUNDING](#)
[INVESTIGATOR TOOLS](#)
[INTRANET](#)
[CONTACT](#)

The Telemedicine & Advanced Technology Research Center (TATRC) performs medical reconnaissance and special operations to address critical gaps that are underrepresented in DoD medical research programs. TATRC is an office of the headquarters of the US Army Medical Research and Materiel Command (USAMRMC). TATRC fosters research on health informatics, telemedicine/m-Health, medical training systems, and computational biology, and promotes and manages science and engineering in other key portfolios. Through an extensive network of partners, TATRC is focused at both ends of the research spectrum, exploring models of high risk and innovative research, and putting research findings into the hands of warfighters while looking toward wider civilian utility. TATRC augments core medical research programs through special funding and partnership opportunities.



TATRC's KEY INITIATIVES



ANNOUNCEMENTS

UPDATED
OCTOBER 05 2010

AAMTI pre-proposals are now under review

Amendment #2 posted 26 Aug 10 to \$15.2 Million Program Announcement for JPC1-MedSim, Combat Casualty Training Consortium, now posted on www.grants.gov

Health Information Technology Request for Information (RFI) Now Posted on FedBizOpps.Gov web site

Peer Reviewed Vision Research Program

RECENT EVENTS

TATRC's Annual Army Telemedicine Partnership Meeting on mHealth: The use of cell phones for healthcare applications

UPCOMING TATRC EVENTS



November 29, 2010

The 27th Army Science Conference (ASC)
Sponsored by the Assistant Secretary of the Army

[Read More](#)

Oct 2010						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	32	33	34	35	36	37

FUNDING OPPORTUNITIES

INVESTIGATOR TOOLS

PORTFOLIOS

PROJECTS

MEDCOM

ARMY.MIL

AKO

[AMEDD Advanced Medical Technology Initiative \(AAMTI\)](#)

TATRC
INTRANET LOGIN



ALZHEIMER'S
RESEARCH & PREVENTION
FOUNDATION™

a 501(c)(3) charitable organization

Join Our Online Community

First Name *

Last Name *

Email *

Call Us Toll-Free
888-908-5766
[Contact Us](#)

Text Size: A A

RESEARCH HIGHLIGHTS

Dr. Khalsa and the ARPF were the first to recommend an integrative or holistic program for building a healthier, stronger brain, thus slowing the development of cognitive decline. Since then, the ARPF's 4 Pillars of Alzheimer's Prevention have been incorporated by other Alzheimer's groups and this concept is now considered mainstream. Indeed, the ARPF is now partnering with the FINGER study (Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability), the largest study in history on Alzheimer's prevention.

Studies

Reversal of Memory Loss



[SUPPORT ALZHEIMER'S RESEARCH](#)



The Kundalini Research Institute

Training - Research - Publishing - Resources

[Home](#) [Trainer Support](#) [Upcoming Courses](#) [The Source - Online Store](#) [Tools for Students & Teachers](#) [Director of Training](#) [Donate](#) [Videos](#) [Link To KRI](#)

-  [About KRI](#)
-  [KRI Honors](#)
-  [Teacher Training](#)
-  [Course Registration](#)
-  [KRI Special Events](#)
-  [Meet Our Staff](#)
-  [About Yogi Bhajan](#)
-  [Science & Research](#)
-  [Find Local Training](#)
-  [Library of Teachings](#)
-  [Lecture/Kriya Search](#)
-  [About Kundalini Yoga](#)
-  [KRI Links](#)



About The Kundalini Research Institute

Established on February 1, 1972 by Yogi Bhajan, Ph.D., Master of Kundalini Yoga, the Kundalini Research Institute is entrusted with The Teachings of Yogi Bhajan. KRI, a non-profit corporation, safeguards the purity, integrity, and accuracy of the Teachings of Yogi Bhajan by:

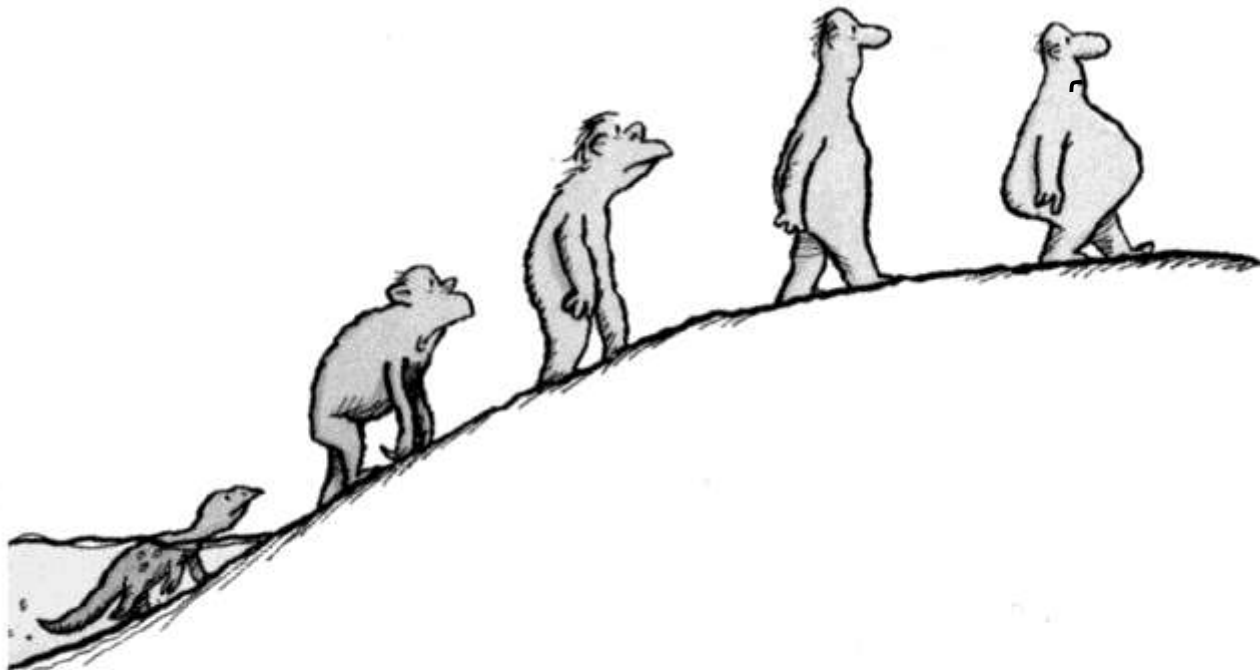
- **Developing 3 levels of International Yoga Teacher Certification**
- **Preserving the teachings legacy for the future online Library of the Teachings**
- **Awarding the KRI Seal of Approval to products that successfully meet the standards of KRI Review**
- **Providing services and resources for Kundalini Yoga students and teachers via online services and upgraded Yogi Bhajan Products**

Kundalini Yoga, the Yoga of Awareness, was brought to the West by Yogi Bhajan in 1968. Yogi Bhajan taught that, through the practice of Kundalini Yoga and meditation, your glandular and nervous systems are stimulated, and your capacity for creative potential is heightened. You gain inner vitality to compensate for the adverse effects of stress so you can excel in life.

Kundalini yoga classes are a dynamic blend of postures, pranayam, mantra, music and meditation, which teach you the art of relaxation, self-healing and elevation. Balancing body and mind enables you to experience the clarity and beauty of your soul. No previous experience in yoga is required for you to achieve results with your very first class.



EVOLUTION OF AMERICANS...



© 2010 STAHLER—COLUMBUS DISPATCH

EVOLUTION OF AMERICANS...

