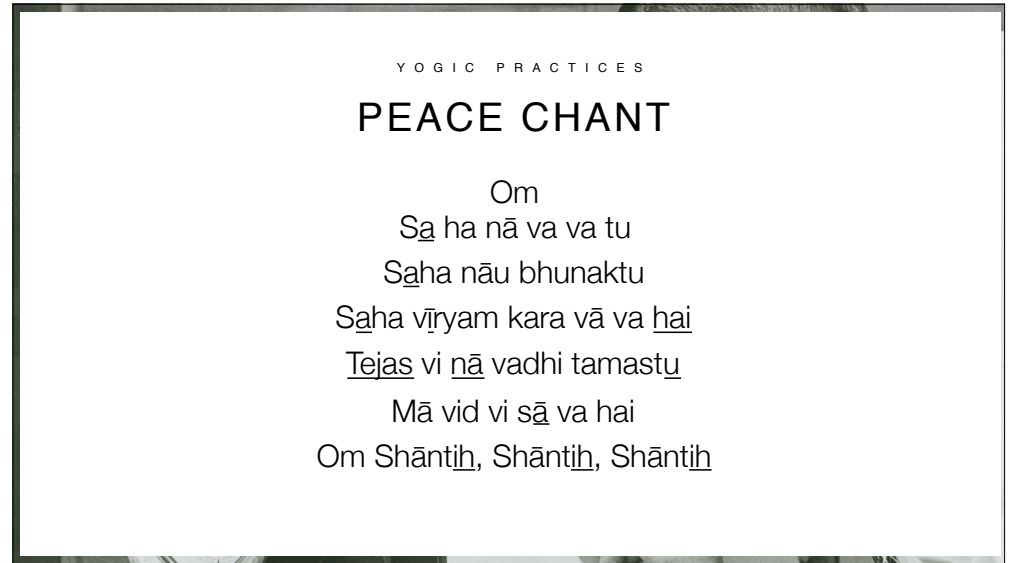


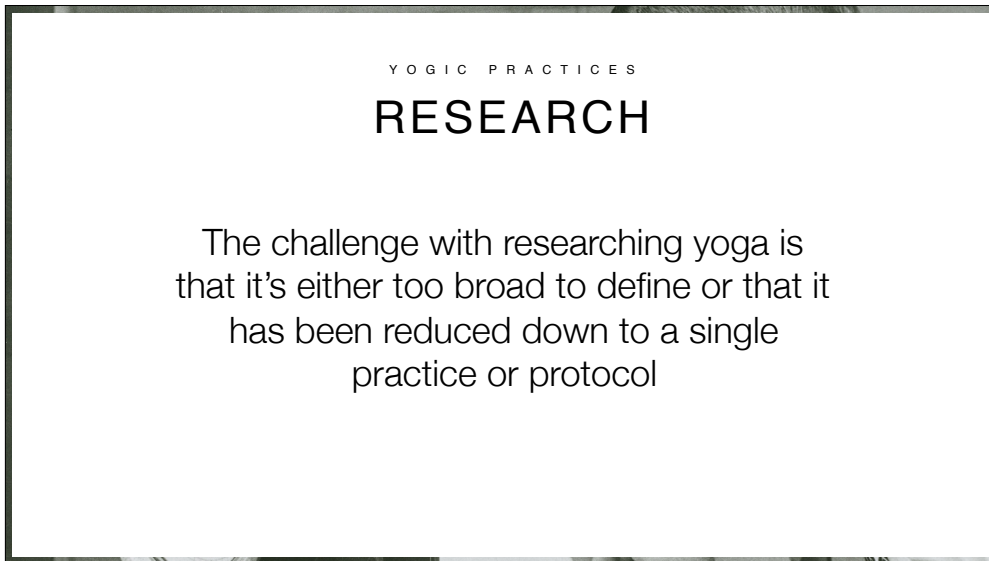


YOGIC PRACTICES
RESEARCH



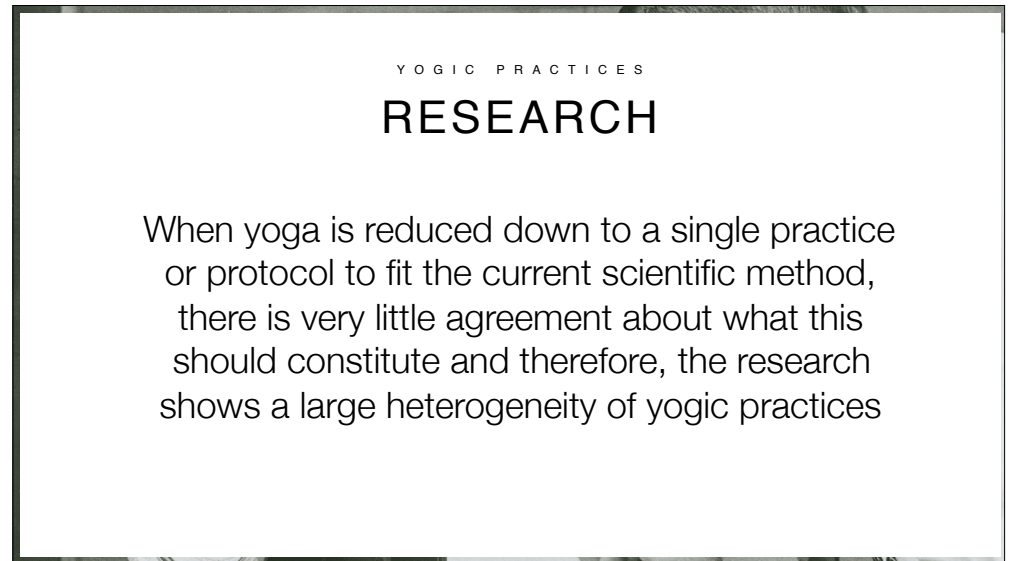
YOGIC PRACTICES
PEACE CHANT

Om
S̄a ha n̄a va va tu
S̄a ha n̄au bhunaktu
S̄a ha v̄iṛyam kara v̄a va hai
Tejas vi n̄a vadhi tamastu
M̄a vid vi s̄a va hai
Om Sh̄āntiḥ, Sh̄āntiḥ, Sh̄āntiḥ



YOGIC PRACTICES
RESEARCH

The challenge with researching yoga is that it's either too broad to define or that it has been reduced down to a single practice or protocol



YOGIC PRACTICES
RESEARCH

When yoga is reduced down to a single practice or protocol to fit the current scientific method, there is very little agreement about what this should constitute and therefore, the research shows a large heterogeneity of yogic practices

YOGIC PRACTICES

RESEARCH

Methodological limitations in the research, including small sample sizes, uncontrolled designs and heterogeneity of controls and interventions

YOGIC PRACTICES

RESEARCH

More good quality, evidence based research is required

YOGIC PRACTICES

RESEARCH

Overall, the evidence suggests that yoga can help with mental health, particularly as an adjunct to treatment

THANK YOU

