

Studies on Yoga

Yoga for Depression/Anxiety

1. ■ http://www.health.harvard.edu/newsletters/Harvard_Mental_Health_Letter/2009/April/Yoga-for-anxiety-and-depression
2. ■ <http://www.telegraph.co.uk/health/healthnews/7956508/Yoga-protects-the-brain-from-depression.html>

Yoga for PTSD (post traumatic stress)

1. ■ <http://www.yogajournal.com/health/2532>
2. ■ <http://www.yogachicago.com/mar07/yoganidra.shtml>
3. ■ <http://www.washingtonpost.com/wp-dyn/content/article/2008/05/02/AR2008050203426.html>

Yoga for Stress

1. ■ <http://www.mayoclinic.com/health/yoga/CM00004>
2. ■ <http://www.cancerlinks.com/Yoga/stress.html>

Yoga for Chronic Pain

1. ■ <http://brainimaging.waisman.wisc.edu/~perlman/0903-EmoPaper/kabat-zinn-mbsr-1982.pdf>
2. ■ <http://www.himalayaninstitute.org/yogaplus/article.aspx?id=3603>

Yoga for Teens

1. ■ <http://www.yogaminded.com/benefits.php>
2. ■ <http://www.omyogawellnesscentre.com.au/benefits-of-yoga.html>
3. ■ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2945853/>

Mindfulness-Based Stress Reduction (MBSR)

- <http://www.umassmed.edu/cfm/stress/index.aspx>
- http://www.shambhalasun.com/index.php?option=com_content&task=view&id=3501&Itemid=244
- http://www.shambhalasun.com/index.php?option=com_content&task=view&id=3493&Itemid=244
- <http://bdtest1.squarespace.com/web-archive/2010/9/13/buddhisms-pain-relief.html>
- <http://www.tricycle.com/-practice/home-our-bodies>