

Research Supporting Yoga 4 Classrooms™

SUPPORTING RESEARCH

Stress in Children

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Move-Into Learning: A Yogic Approach to Decreasing Sympathetic Activity in an Inner City Classroom M. Klatt PhD, and J. Case-Smith EdD, OTR/L, School of Allied Medical Professions, College of Medicine, The Ohio State University, Columbus, Ohio

Effects of Daily 15-minute Yoga Protocol on Academic and Psychosocial Measures in Inner City Classrooms, Rebecca Matthew MPH1, Ai Kubo PhD2, Bidyut K. Bose PhD3

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The Consciousness-Based Education Association (CBEA) is a non-profit, educational

organization that provides practical, scientifically validated educational programs, technologies, and consulting services for new schools, existing schools, and after-school organizations.

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