Research Repository

Yoga and Meditation for Children and Adolescents

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Yoga and Meditation for Children and Adolescents

Research Repository

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The creation and maintenance of this repository is funded by Yoga 4 Classrooms®, a yoga and mindfulness program for schools designed to empower students and educators to create positive, peaceful, productive classrooms that support school goals and whole child health by promoting movement, social and emotional skills, and learning readiness. This accessible, sustainable, evidence-informed program has been successfully implemented in schools worldwide. For more information, visit www.yoga4classrooms.com.

This repository includes peer-reviewed research articles based on literature reviews conducted in PsycINFO and PubMed related to yoga and meditation for children/adolescents. Unpublished and/or non-peer-reviewed research, such as doctoral dissertations, whitepapers, and online reports, are not included. Links to abstracts and full-text publications are provided where available. This repository will be updated quarterly with the intention of serving as a helpful resource for schools, program providers, researchers and others interested in research on yoga and mindfulness for children and youth.

Last Updated: December 2015
Research Reviews & Theory Papers: Yoga & Meditation in Schools

Contemplative Education


Yoga


**Meditation**


Research Studies: Yoga in Schools


**Yoga for School Teachers**


Research Studies: Meditation in Schools


**Meditation for School Teachers**


Research Studies: 
Effects of Yoga & Meditation on Learning-Related Outcomes

Learning


Attention


Cognition


Academic Performance


Research Reviews & Theory Papers:
Yoga & Meditation For Children (not in schools)

Contemplative Practices


Yoga


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**Meditation**


Research Studies: Yoga for Children (not in schools)

Typically Developing Children


Moorthy, A. M. (1982). Survey of minimum muscular fitness of the school children of age group 6 to 11 years and comparison of the influence of selected yogic exercises and physical exercises on them. *Yoga Mimamsa*, 21(12), 59-64.


ADHD


**Autism/Aspergers**


**Learning Disabilities & Other Disabilities**


**Obesity**


**Visual Impairment**


**Psychiatric Disorders**


**Irritable Bowel Syndrome**


**Cancer**


**Chronic Pain**


**Substance Use**


**Miscellaneous Disorders**


Research Studies: Meditation for Children (not in schools)

**Typically Developing Children**


**ADHD**


**Autism/Aspergers**


**Learning Disabilities & Other Disabilities**


**At-Risk & Vulnerable Youth**


*Obesity*


*Psychiatric Disorders*


**Cancer**


Patterson, P., & McDonald, F. E. (2015). “Being Mindful” Does it Help Adolescents and Young Adults Who Have Completed Cancer Treatment?. *Journal of Pediatric Oncology Nursing, 1043454214563401*. [Abstract](#).

**Chronic Pain**


**Substance Use**


**Miscellaneous Disorders**
