Research Repository

Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools

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Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools

Research Repository

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The creation and maintenance of this repository is sponsored by Yoga 4 Classrooms®, an evidence-based yoga and mindfulness program for schools that promotes social, emotional and physical health and wellness, learning-readiness and a positive school climate. Through effective training and resources, we support sustainable, school wide implementation empowering schools to meet improvement goals while preparing students for a lifetime of success. For more information: 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 and in schools. Unpublished and/or non-peer-reviewed research, such as doctoral dissertations, whitepapers, and online reports, are not included.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 is updated quarterly with the intention of serving as a helpful resource for schools, program providers, researchers and others interested in research on yoga, meditation and mindfulness for children, adolescents and in schools.

Last Updated: April 2016
For ease of reference, 46 new articles published between December 2015 and April 2016 are highlighted yellow.
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**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**


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