



Research Supports Yoga & Mindfulness in Schools

There's been a lot of interest in recent years about the potential benefits of implementing yoga and mindfulness in schools. While research on school-based yoga and mindfulness is in its early stages, the initial results are promising.

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Mental Health and Resilience

Reduces anxiety,¹ problematic stress responses² and depression.³ Improves resilience⁴ and coping frequency.⁵



¹ Noggle (2012) ³ Sibinga (2015) ⁵ White (2012)
² Mendelson (2010) ⁴ Sarkissian (2018)

Social-Emotional Skills

Improves social-emotional outcomes⁶ such as self-regulation⁷ and social skills.⁸ Reduces problem behaviors such as suspensions and disciplinary referrals,⁹ bullying¹⁰ and hostility.¹¹



⁶ Maynard (2017) ⁸ Fishbein (2016) ¹⁰ Centeo (2017)
⁷ Razza (2015) ⁹ Bakosh (2015) ¹¹ Frank (2014)

Physical Health

Increases physical well-being¹² and physical fitness¹³ as well as flexibility, balance and strength.¹⁴



¹² Chen (2014) ¹³ Purohit (2016) ¹⁴ Folleto (2016)

School /Classroom Climate

Cultivates positive climates by fostering beneficial mental, social-emotional, academic and physical outcomes for educators and students.^{22, 23, 24}



²² Roeser (2012) ²³ Wisner (2014) ²⁴ Kietly (2017)

Academic Performance

Enhances focus and attention^{15,16} and supports positive academic outcomes such as improving grades^{9,17} and test scores,¹⁸ and preventing declines in Grade Point Average (GPA).¹⁹



⁹ Bakosh (2015) ¹⁶ Tarrasch (2018) ¹⁸ Bellinger (2015)
¹⁵ Mak (2018) ¹⁷ Bennett (2016) ¹⁹ Butzer (2015)

Teacher Well-Being

Educators who participate in yoga-and-mindfulness-based training experience improvements in mood, classroom management, physical symptoms, blood pressure and cortisol awakening response²⁰ as well as teaching efficacy, well-being, stress reduction and burnout prevention.²¹



²⁰ Harris (2016) ²¹ Jennings (2013)

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