

Some Recent Scientific Studies on a Variety of Wellbeing Techniques

Retrieved August 2017

<http://time.com/4822302/yoga-meditation-genes-stress/>

<http://www.mindfulschools.org/about-mindfulness/research/>

<https://mindfulnessinschools.org/wp-content/uploads/2013/02/MiSP-Research-Summary-2012.pdf>

<http://www.yoga4classrooms.com/supporting-research>

<http://www.yoga4classrooms.com/yoga-4-classrooms-blog/scientific-evidence-for-yoga-and-mindfulness-in-schools-how-and-why-does-it-work>

<https://www.health.harvard.edu/blog/more-than-just-a-game-yoga-for-school-age-children-201601299055>

<http://www.yogacalm.org/about/research/> - Yoga Calm for Children is a program I'm completing now

<https://www.forbes.com/sites/alicegwalton/2016/10/18/the-many-benefits-of-meditation-for-children/#281299d8dbe3>

<https://www.health.harvard.edu/mind-and-mood/relaxation-techniques-breath-control-helps-quell-errant-stress-response>

<http://www.chopra.com/articles/breathing-for-life-the-mind-body-healing-benefits-of-pranayama#sm.000urs1a719e9ct9uy81j7tlxwv9e>

- An article on the scientific benefits of focused breath work and overview of some of the techniques you will learn and teach to students that I've included in my curriculum. I have received two certifications from Chopra Center University.

<http://scienceblogs.com/thepumphandle/2015/02/06/study-self-affirmation-targets-the-brain-in-way-that-makes-us-receptive-to-health-messaging/>

http://www.huffingtonpost.com/2015/04/16/self-affirmations-boost-performance_n_7079350.html

<https://www.psychologytoday.com/blog/flourish/200912/seeing-is-believing-the-power-visualization>

<http://www.kaputcenter.umassd.edu/downloads/symcog/bib/pmeVisualizationFinalAPA.pdf>