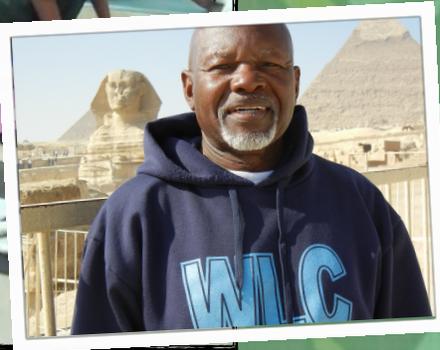


Y.O.G.A. for Youth *Making the Grade*

RECENT STUDY SHOWS SIGNIFICANT RESULTS FROM THE PRACTICE OF YOGA IN THREE LOS ANGELES PUBLIC SCHOOLS



“Yoga assists our students in the development of coping skills in order to face personal issues and crises. This practice enables them to address an academically rigorous program.” – Founder Eugene Fisher, Watts Learning Center

A STUDY WAS CONDUCTED AT THREE URBAN LOS ANGELES SCHOOLS TO ASCERTAIN THE EFFECTIVENESS OF THE YOGA PROGRAM PRESENTED BY Y.O.G.A. FOR YOUTH

RESEARCH LED BY SAT BIR SINGH KHALSA, PHD OF HARVARD UNIVERSITY

Participants from Watts

Learning Center Middle School, Camino Nuevo School and Tom Bradley School were both male and female students in grades 4 - 8 totaling 56 in number, 30 of which completed the study. Yoga was taught during a regularly scheduled physical education class or after school two times per week for ten weeks. A standardized Y.O.G.A. for Youth curriculum was utilized in all three schools. Pre and Post questionnaires were gathered from the students that measured students' Resilience, Perceived Stress, and Positive and Negative Affect or Emotions. Interviews were conducted at the end of the program.



Erin Neil
6th grade teacher at Watts Learning Center

The results indicate a significant

increase in Resilience in the overall sample, and particularly for the male population. This is defined as the ability to “regain balance and keep going despite adversity and misfortune and find the meaning amidst confusion” - Wagnild & Young 1987 Resilience Scale

On Perceived Stress, for the overall sample, the results indicate a significant decrease which can be interpreted as students' ability to relate to “(a) actual environmental experiences, (b) subjective evaluations of the stressfulness of a situation, and (c) the affective, behavioral, or biological responses to environmental experiences or their subjective situation” - Cohen, Kessler, & Gordon 1997 Perceived Stress Scale (PSS)

The results also indicate a significant increase in Positive Affect. The Positive and Negative Affect Scale for Children (PANAS-C) has been associated with indicating depression and anxiety - Laurent & Catanzaro, et al. 1999

The results did not show a significant decrease in Negative Affect. In fact, Negative Affect in the male

“...It's heart warming to see how receptive the kids are to yoga... A student asked to be in the class twice, that's how much she was enjoying it...”
- Teacher, Y.O.G.A. for Youth

population actually increased. However, this finding may indicate a direct response to an increase in emotional awareness that results from the practice of yoga. - Coordinated by Meline Sadanand Sarkissian, Doctorial Candidate of Loyola Marymount University

All three schools experienced Academic Performance Index (API) growth in 2010. - California Department of Education, Assessment, Accountability and awards Division 2011 These annual standardized tests were conducted within 60 days of this study.



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