Peer-Reviewed Research

Supporting Yoga 4 Classrooms
**Yoga in Schools/Classrooms**


**Published Abstracts from the International Association of Yoga Therapists (IAYT)**

[http://www.iayt.org](http://www.iayt.org)


**Additional Relevant Research**


Biegel, G., Brown, K.W. Assessing the Efficacy of an Adapted In-Class Mindfulness-Based Training Program for School-Age Children: A Pilot Study. Whitepaper at mindfulschools.org


Mindfulness in Schools/Classrooms


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Clinical Psychology*, 41, 139-143.

Meiklejohn, J., Phillips, C., Freedman M., et al. (2012). Integrating mindfulness training into K-
12 education: fostering the resilience of teachers and students. *Mindfulness*. Online First™, 13
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Napoli, M., Krech, P., Holley L (2005). Mindfulness training for elementary school students:


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**Reviews**


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Roeser, R., Zelazo, P.D.(2012). Contemplative science, education and child development:
introduction to special section. *Child Development Perspectives*. 6(2).143-145.

**Yoga and Mindfulness Effects on Stress in Children**


**Yoga and Mindfulness for Special Needs Children**


**Yoga and Learning**


