

## Healing Yoga Program 2011 Pilot Research Findings

The Healing Yoga Program consisted of a six-week yoga class held concurrently at Piedmont Yoga Studio and Alameda Yoga Station, April-May 2011. The students in the class consisted of adults with a variety of issues including cancer, joint replacement, anxiety, surgery recovery, chronic pain, fibromyalgia and chronic stress. Six different classes were taught that dealt with various topics (see below). Results below show mean rating before and after class on four self-reported factors (numbers in **RED** show a clinically significant reduction in symptoms, 20% or greater):

- **Pain** (1 = Pain Free, 10 = Excruciating Pain)
- **Stress** (1 = No Stress, 10 = Very Stressed)
- **Fatigue** (1 = High Energy, 10 = Exhausted)
- **Emotions** (1 = Very Happy, 10 = Highly Upset)

**CLASS 1: MEETING MY BODY** - Re-acquainting yourself with your body through the joint freeing series and grounding mudras.

**Reporting Participants: 10**

	Before Class	After Class	Reduction
Pain	3.10	2.20	0.90
Stress	4.70	3.10	1.60
Fatigue	5.15	4.15	1.00
Emotions	4.15	2.80	1.35

**CLASS 2: EASING DIGESTION** - Gentle twists and abdominal massaging postures with mudras to help ease the digestive and eliminatory systems.

**Reporting Participants: 11**

	Before Class	After Class	Reduction
Pain	3.36	2.50	0.86
Stress	4.23	3.73	0.50
Fatigue	5.90	4.36	1.54
Emotions	4.36	3.18	1.18

**CLASSs 3: YOGA NIDRA FOR PAIN RELIEF**

**Reporting Participants: 14**

	Before Class	After Class	Reduction
Pain	3.14	2.17	0.97
Stress	4.21	2.07	<b>2.14</b>
Fatigue	5.64	3.71	1.93
Emotions	4.29	3.14	1.15

**CLASS 4: INSOMNIA & FATIGUE** - Gentle repetitive movement to burn excess energy and gentle inversions and mudras to help with sleeplessness.

**Reporting Participants: 4**

	Before Class	After Class	Reduction
Pain	3.00	0.75	2.25
Stress	5.25	1.50	3.75
Fatigue	5.50	3.00	2.50
Emotions	4.25	1.50	2.75

**CLASS 5: OPENING THE HEART** - Gentle backbends and mudras for opening the chest, releasing the upper back and heart and healing the emotions.

**Reporting Participants: 8**

	Before Class	After Class	Reduction
Pain	3.00	1.75	1.25
Stress	4.31	2.19	2.12
Fatigue	5.13	3.50	1.63
Emotions	4.63	2.50	2.13

**CLASS 6: YOGA NIDRA FOR THE KOSHAS**

**Reporting Participants: 5**

	Before Class	After Class	Reduction
Pain	3.60	2.00	1.60
Stress	3.60	1.00	2.60
Fatigue	4.60	2.00	2.60
Emotions	4.60	2.00	1.60