



Research Repository

Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools

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Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools *Research Repository*

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This repository includes peer-reviewed research articles based on literature reviews conducted in PsycINFO and PubMed related to yoga and meditation for children/adolescents and in schools. Unpublished and/or non-peer-reviewed research, such as doctoral dissertations, whitepapers, and online reports, are not included. Links to abstracts and full-text publications are provided where available. This repository is updated quarterly with the intention of serving as a helpful resource for schools, program providers, researchers and others interested in research on yoga, meditation and mindfulness for children, adolescents and in schools.

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For ease of reference, 26 new articles published between August 16, 2016 and November 18, 2016 are highlighted yellow.

Research Reviews & Theory Papers: Yoga, Meditation & Mindfulness in Schools

Contemplative Education

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Davidson, R., Dunne, J., Eccles, J. S., Engle, A., Greenberg, M., Jennings, P., ... & Vago, D. (2012). Contemplative practices and mental training: Prospects for American education. *Child Development Perspectives, 6*(2), 146-153. [Full Text](#).

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Yoga

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Ferreira-Vorkapic, C., Feitoza, J. M., Marchioro, M., Simões, J., Kozasa, E., & Telles, S. (2015). Are There Benefits from Teaching Yoga at Schools? A Systematic Review of Randomized Control Trials of Yoga-Based Interventions. *Evidence-Based Complementary and Alternative Medicine, 2015*. [Full Text](#).

Gould, L. F., Dariotis, J. K., Greenberg, M. T., & Mendelson, T. (2015). Assessing Fidelity of Implementation (FOI) for School-Based Mindfulness and Yoga Interventions: A Systematic Review. *Mindfulness*, 1-29. [Abstract](#).

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Khalsa, S. B. S., & Butzer, B. (2016). Yoga in school settings: a research review. *Annals of the New York Academy of Sciences*. [Abstract](#).

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Research Studies: Meditation & Mindfulness for Children (not in schools)

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ADHD

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