



Mindfulness in Human Development

<http://sites.duke.edu/mindfuleducation/>



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Background and Goals

- Interdisciplinary team of UNC-CH and Duke students/faculty studying the effects of yoga and mindfulness practice in K-12 education settings in a multi-year qualitative/quantitative study through Bass Connections
- Partnerships with local community-based organizations: Y.O.G.A. for Youth and Communities in Schools
- Goal: to promote dialogue around yoga in US education systems and to spark accessibility to yoga/mindfulness practices

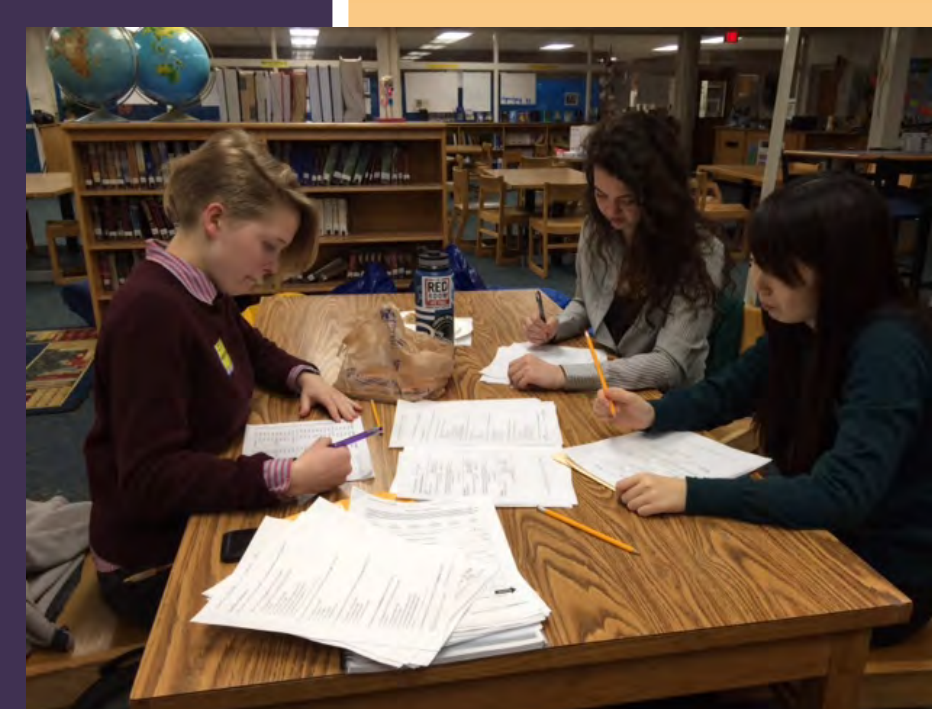
Research and Yoga Classes

Our research involves collecting quantitative and qualitative data from afterschool yoga classes taught in local middle schools by Y.O.G.A. for Youth.

We aim to analyze the effects of a regular yoga and meditation practice on middle school students' stress response by measuring the following:

- Mindful attention awareness levels
- Health indicators
- Resiliency
- Emotions
- Intrusive thoughts

In addition, we conduct classroom observations and focus groups to see and hear the experience of students and teachers involved in the yoga classes.



Embodied Learning Summit: February 2016

- Day-long conference hosted on Duke East Campus including yoga practice, keynote speakers Becky Thompson & Michelle Johnson, lunch, and workshops centered around trauma healing and yoga access
- Participation from over 100 students, community members, educators, and scholars from all over the Triangle
- Dialogue at the intersections of yoga access, education, and social justice
- Group take aways including both 1) more community building around yoga in education needed to combat challenges of bringing yoga into institutionalized education settings/lack of administrative support and 2) the need to increase diverse representation in yoga spaces



Public Access Y.O.G.A. for Youth Teacher Training: April 2015 & 2016

One of the take aways from the Embodied Learning Summit was the need for more diverse representation in yoga spaces. With the Kenan-Biddle grant, we have been able to offer the Y.O.G.A. for Youth Teacher Training at a heavily discounted cost in order to make the training more accessible to low-income people, students, and other people of diverse backgrounds. We believe that in order to make yoga accessible to underserved youth in schools, it is important to support teachers who come from similar backgrounds/experiences as the students Y.O.G.A. for Youth serves.

The 2015 & 2016 trainings have been a huge success with over 30 individuals participating in the intensive 40-hour training. This effort to make the teacher training more accessible is transforming the Y.O.G.A. for Youth teacher pool in terms of diversity, and has expanded YFY programming into more underserved areas of NC, including rural areas and Latino communities.

Thank you so much Bass Connections for helping us to make our vision for yoga accessibility in education possible!

**Sat Nam,
The Mindfulness in Human Development Team**