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Mindful Yoga as a Means of Reducing College Student Stress

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The University of Tennessee at Chattanooga

Departmental Honors Thesis Proposal

Psychology

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Abstract

Thousands of years ago, yoga was intended to refocus and prepare an individual for self-exploration. Today, the “colloquial yoga” has manifested as an exercise fad. The aim of this study was to further investigate yoga as a stress reducing technique among a sample of college students. This study examined yoga as a distinct discipline by comparing 3 separate conditions (yoga, active-control, and neutral-control). This research aimed to demonstrate an overall decrease in perceived stress, increase in self-esteem, and increase in ability to psychologically detach from stressors after engaging in a yoga practice, as compared to the two control conditions. Overall, evidence from this research suggests that a single yoga session had a significant effect on detachment from psychological stressors but little effect on perceived stress or self-esteem. The results of this study strengthen the literature on the benefits of a mindful yoga practice, particularly by examining pre, post, and next day effects.

Keywords: mindfulness, yoga, perceived stress, self-esteem, detachment

Yoga as a Means of Reducing College Student Stress

The college student stress research literature has received a growing amount of attention in the last 20 years (e.g. Call, Miron, & Orcutt, 2014; Dol, 2019; Harkess, Delfabbro, Mortimer, Hannaford, & Cohen-woods, 2017; Hughes, 2005; Hurst, Baranik, & Daniel, 2013; Robotham, 2008). This trend in research suggests that students are under significant amounts of stress and they necessarily need to develop strong coping methods for managing stressors. Students experiencing the transition from home to university are exceptionally vulnerable to mental stress due to role strain (Towbes & Cohen, 1996). Trends of high experiences of stress also coincide with increasing numbers of mental health problems on college campuses (Robotham, 2008; Call et al., 2014). Stress has become a seemingly unavoidable part of the college experience, yet the empirical evaluations of interventions, such as a campus recreation yoga class, are not as commonly examined. Oftentimes, students' insufficient attempts to deal with their own stress can lead to maladaptive coping methods, chronic stress, and anxiety (Hughes, 2005). An adaptive form of coping may be engaging in a yoga practice. I hypothesize that through a mindful yoga practice, participants will report a decrease in perceived stress levels, a higher level of self-esteem, and an increased ability to psychologically detach from stressors common to college students (i.e. academic, interpersonal, and financial).

Stress and benefits of mindfulness

While the experience of stress is seemingly an unavoidable part of the human condition, young adults, especially college students, are particularly vulnerable to certain life stressors. These stressful events include but are not limited to "achieving emotional independence from family, choosing and preparing for a career, preparing for relationship commitment/family life, and developing an ethical system" (Towbes & Cohen, 1996). According to a meta-analysis

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conducted by Hurst, Baranik, and Daniel (2013), several categories emerge when examining everyday stressors pertinent to college students. These themes include relationships (i.e. family, friends, romantic, and faculty), lack of resources (i.e. time, money, support, technology, and sleep), expectations, and academics. The life changes experienced by students often result in role strain which may result in greater perceived stress levels. Perceived stress has a pronounced effect on physical and mental health (Towbes & Cohen, 1996). Mindful techniques, such as mindful meditation, are associated with a change in a person's response to stressful situations leading to a reduction of stress levels (Rosini, Nelson, Sledjeski, & Dinezo, 2017). Through the practice of mindfulness, individuals are encouraged to slow down the process of cognition and focus on non-judgmentally evaluating sensory input as well as reactionary output. Researchers have found that this process offers a chance for external demands to become more navigable while “reducing stress and eliciting positive emotions” (Rosini et al 2017).

Mindfulness can be defined as the act of paying attention, on purpose, to the moment by moment changes in our minds or bodies. While there has been a surge of research examining mindful activities, most studies either exclusively examine meditation or combine various activities (i.e. body scan, meditation, and yoga) to assess their stress reducing properties (Call et al., 2014). In its ancient intent, yoga was meant to be a vessel for meditation—individuals practiced the physical asanas in order to prepare for prolonged seated meditational practices. Researchers Call, Miron, and Orcutt (2014) analyzed the Mindfulness-Based Stress Reduction (MBSR) program, which combines body scan, meditation, and hatha yoga, due to claims that the MBSR is the most effective mindful-based stress reduction technique. Findings from this study reveal a significant difference between the experimental, or those who underwent the MBSR, and control participants' assessed levels of anxiety and stress; however, the authors state that the

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literature on the beneficial effects of the distinct components of the MBSR needs to be strengthened. Research should work towards identifying the most effective component of this intervention by isolating the different techniques. The present study will examine the effects of a mindful yoga practice exclusively.

The potential benefits of yoga for stress reduction can also be understood through a commonly referenced theory of stress, the Conservation of Resources Model. According to the Conservation of Resources Model of Stress, individuals aim to secure and create additional resources in order to combat perceived or actual loss of valued resources (Hobfoll, 1989). Resources can be understood as “objects, personal characteristics, conditions, or energies that are valued by the individual or that serve as a means for attainment of these objects, personal characteristics, conditions, or energies” (Hobfoll 1989). When resources are lost or threatened, strain is experienced; therefore, the gain of sufficient resources is critical for maintaining balance. Individuals often use resources that they already possess or otherwise call on resources available to them in their environment in order to preserve their own resources. The current study is concerned with Hobfoll’s classification of personal characteristics as resources (i.e. self-esteem, personal orientation towards the world). Resources such as these can help people understand who they are and ultimately allow people to create a “fit” in their environment (Hobfoll, 1989).

Yoga is touted for its unique form of self-exploration. As yoga offers an opportunity for conscious reappraisal of the present moment, it has historically been used to guide practitioners on the path to self-discovery. Yogi, the term coined for an individual devoted to practicing yoga, means “one who is necessarily conjoined with the manifestation of his nature” (Mallinson & Singleton, 2017). The goal of yoga is to allow the yogi to accept their circumstances and focus

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on the things that they can control, such as breathing, posture, and transitions between poses.

Through this, yoga allows for minor reappraisals of the value placed on resources, and the gain of psychological resources, which are effective in reducing stress levels (Hobfoll, 1989).

This study aims to examine the effects of a mindful yoga practice, as offered on a college campus, in order to highlight the potential in stress reduction of such a practice. In addition to stress as an outcome, I will examine two other key outcomes: self-esteem and psychological detachment.

Self-esteem

Beyond the effects of yoga on stress, I anticipated benefits for self-esteem. As a construct, self-esteem has gone through several definitions. A study by Baumeister, Campbell, Krueger, and Voh's (2003) highlights the self-esteem movement as originating with psychologist Carl Rogers. Rogers conceptualized self-esteem through unconditional positive regard as a method for children to avoid feelings of disappointment from their parents. For the purpose of this study, I define self-esteem as a generalized positive regard of one's self (Rosenberg M., Schooler, Schoenbach, & Rosenberg F, 1995). According to the Conservation of Resources model, self-esteem is an important resource, or personal characteristic, that can aid in stress reduction (Hobfoll, 1989). Self-esteem is not only important in an individual's personal life, but it also has benefits in the workplace as well. Through an extensive review of literature, Baumeister (2003) found that high levels of self-esteem correlated with an increased level of happiness and self-esteem as well as persistence in response to normal workplace stressors. While high self-esteem relates to confidence, and perseverance, a lack of self-esteem has been correlated with feelings of depression and anxiety (Dol, 2019). In a longitudinal study of 40 undergraduate university students, Dol (2019) found that over the course of 8 weeks, students

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who participated in yoga reported significant increases in self-esteem when compared to the control group. In the present study, self-esteem has the potential to greatly benefit college students who report high levels of perceived stress and could possibly act as a buffer between the student and work-related stressors. Extending the findings of Dol (2019) I examined whether a yoga practice could result in improved self-esteem after just one session.

Detachment

In addition to perceived stress and self-esteem, I hypothesize that a mindful yoga practice will affect participant's ability to psychologically detach. In its original intent, detachment refers to a physical separation from work or life stressors. The present study conceptualizes detachment using Sonnentag and Bayer's (2005) classification of psychological detachment from work as a mental separation from stressors (i.e. thoughts or job-related activities). Health psychologists' study psychological detachment in regard to the benefits of rest and recovery for employee productivity and longevity. Evidence shows that a lack of psychological detachment correlates with "poor psychological and physical health, such as psychosomatic complaints and burnout" (Sonnentag & Bayer, 2005). In addition, an employee's impaired well-being tends to snowball and affect successive working days. Sonnentag and Bayer (2005) conducted a study to examine the effects of short-term psychological detachment in service-related employees. The findings from their study indicate that detachment offers an ability to psychologically recover from stressors and at minimum alleviate some of the effects of those stressors (Sonnentag & Bayer, 2005).

Much research has centered around results of long-term detachment (i.e. vacations), yet this paper will focus on the short-term daily detachment efforts as the research by Sonnentag and Bayer (2005) suggests that short-term psychological detachment plays a greater role in

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minimizing stress related outcomes such as negative moods and high fatigue. Detachment is a key component of any yoga practice. Yoga treats the mind as a sensory organ, and in the mind's normative state, it is simply reacting to external stimuli; however, when we enter into a meditative state, the mind is better able to detach from the external stressors to relax and restore. This study will employ a mindful yoga practice in order to assess participant ability to psychologically detach from normative stressors and whether detachment extends into the day that follows the yoga practice.

Beyond examining the specific effects of a yoga practice, the present study will involve several design characteristics that will add to the existing literature. A common practice in mindfulness research is to have a multi-session program wherein the dependent variables are assessed pre and post session. However, according to Harkess (2017), a minimum of once weekly yoga is necessary in order to observe the desired stress reduction outcome. This is evidence that a single practice has the potential to yield some benefits. In large part due to limited resources, the present study focused on the potential benefits of a single yoga session. My research aimed to conduct a pre-condition, post-condition, and next day survey, in order to assess carry over effects of a single mindful yoga condition. This study hopes to demonstrate a decrease in perceived stress, an increase in self-esteem, and an increase in ability to psychologically detach from stressors for those in the yoga condition, as compared to an active-control condition and a second, passive control condition. All study hypotheses are summarized below:

Hypothesis 1: A mindful yoga practice would result in a decreased level of participant perceived stress over time, with a greater decrease than the other conditions.

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Hypothesis 2: A mindful yoga practice would result in an increase in participant self-esteem over time, with a greater increase than the other conditions.

Hypothesis 3: A mindful yoga practice would increase participant ability to psychologically detach from stressors over time, with a greater increase than the other conditions.

Methodology

Participants

I was able to recruit 32 participants in total. Eight respondents were seniors, 11 were juniors, eight were sophomores, and five were freshmen. Of these undergraduate students, the average amount of credit hours taken during the study were 14.7 hours. Specifically, there were 14 individuals in the control condition, eight in the active-control, and 11 in the yoga condition. The pre-survey asked participant about their previous yoga experience and 45.5% of the sample reported never having done yoga, 9.1% almost never, 27.3% sometimes, 15.2% fairly often, and 3% reported that they did yoga very often. I recruited participants from the online Sona system, which awards extra credit to students participating in research studies. As a goal of this study is to incorporate a diverse population in terms of major, I specifically encouraged participation from the introductory Psychology students through emails and class visitations.

Procedure

In order to examine the effects of a mindful yoga practice, the conditions for participants were: (1) experimental—undergo yoga practice (2) physical control—walk around track in order to examine the mindful aspect of a yoga practice (3) control—no physical activity, just respond to surveys.

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The experimental condition was held in the large aerobics room at the Aquatic and Recreation Center on October 22nd and November 5th, 2019 and each condition lasted 75 minutes. I led a 45-minute-long mindful yoga flow for the experimental group, as I am a certified yoga instructor. The additional 15 minutes before and after the practice were reserved for completing the surveys. The script for the yoga class can be found in Appendix A. Participants were first given their informed consent to read and sign, and then instructed to sit on a designated yoga mat. The presurvey was given to participants and following their completion, the yoga practice began. After the flow, participants were given a post-survey and debriefed on their role in the study. Once this was completed, they were free to go. I emailed participants the next morning at 9:00 am with the next-day survey with the instructions to complete the survey as soon as possible.

The physical control condition was administered on the third-floor track of the Aquatic and Recreation Center on October 22nd and November 12th, 2019 and lasted 75 minutes. Participants were given the informed consent and subsequently the pre-survey. Following this, participants were instructed to walk around the track for 45 minutes and return for the post-survey once this time had passed. The majority of participants in this condition chose to socialize with other individuals as they walked; others chose to listen to music independently. Following the completion of the post-survey, participants were made aware of their role in the study and otherwise debriefed. The next-day survey was emailed to participants at 9:00 am the morning after their respective condition.

The control condition was held in the 540 McCallie building third-floor computer lab on October 22nd and 29th, 2019 and lasted 75 minutes. Upon arrival, participants were given an informed consent document to review and sign. Once everyone had arrived, the pre-survey was

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administered. Participants were then instructed that they would be seated here for the following 45 minutes and could fill this time in whatever manner they saw fit. Most participants used computers to work on homework while others used their phones the entire time. Once the 45 minutes were up, the post-survey was administered, and participants were debriefed following its completion. The next-day survey was emailed to participants at 9am.

Measures

All of the following measures were included in the pre-, post- and next-day surveys.

Perceived Stress Scale. Participant stress levels were measured using the perceived stress scale (Cohen, 1994). This included 10 items. A sample item from this scale asked “Today, how often have you felt nervous and ‘stressed’” (Cohen, 1994). For this scale, participants responded 1-5 with 1 being *never* and 5 being *very often*. This measure yielded an acceptable reliability score, with a Cronbach’s alpha range of 0.85 – 0.89.

Self-esteem Scale. Self-esteem was measured using Rosenberg’s self-esteem scale (1965). This scale included 10 items. A sample item from Rosenberg’s (1965) self-esteem scale included “on the whole, I am satisfied with myself” and asked participants to respond 1-5 with 1 being *strongly agree* and 5 being *strongly disagree*. This scale had a high reliability score, with a Cronbach’s alpha range of 0.77 – 0.81.

Psychological Detachment Scale. Detachment was measured using the psychological detachment scale (Sonnentag, 2010). This study employed an abbreviated scale which included four items. A sample item from Sonnentag’s (2010) Psychological Detachment scale asks participants to rate their responses to prompts like “I get a break from the demands of work” on a Likert scale from 1-5 with 1 being *I do not agree at all* and 5 being *I fully agree*. To fit the

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population, we adapted each item to reference work/school. This measure had an acceptable reliability score, with a Cronbach's alpha range of 0.56 - 0.90.

Data Analysis

In order to analyze this data set, a series of mixed ANOVAs were completed. Because I collected data from three separate conditions, a mixed ANOVA allowed me to examine between and within group variance for the dependent variables, while keeping potential type 1 errors at a minimum. A Mixed ANOVA with a between subjects' factor of condition (three levels) and a within subjects' factor of time (pre, post, next day) was used to compare conditions over time on the three different hypotheses.

Results

All study hypotheses were tested using a series of mixed three (time) x three (condition) ANOVAs, where the effect of time (pre, post, next day), condition (yoga, active control, control), and the interaction between time and condition were examined in relation to three outcomes. Initial cleaning of the data was needed before analyses could be run in SPSS. First, I reverse coded the appropriate survey items; once this was complete, I double checked every fifth participant's response to ensure accuracy. After this, I ran Cronbach's alpha to certify the reliability of each of the scales used. Given acceptable reliability estimates, scale scores were created by averaging items assessing the same constructs. Data cleaning was concluded after running descriptive statistics to examine any anomalies within the data set.

The first hypothesis anticipated a decrease in perceived stress over time, after a mindful yoga class, compared to other conditions. Because Mauchly's test of sphericity was violated, Greenhouse Geiser statistic are reported for within subject effects. What was observed was a significant main effect of time which demonstrates an initial decrease in participant perceived

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stress despite the resulting increase in next day stress scores. The main effect of condition was not supported ($F(2, 30) = .23, p > .05$) meaning that perceived stress overall was not significantly different by condition-type. The interaction between time and condition was not significant ($F(2.75, 41.27) = .50, p > .05$), resulting in lack of support of hypothesis 1.

The second hypothesis predicted an increase in participant's self-esteem over time following a yoga condition as compared to other conditions. The results yielded an overall lack of support for this hypothesis. The main effect of time was not significant, ($F(1.58, 47.36) = 1.65, p > .05$). The main effect of condition was not significant ($F(2, 30) = .10, p > .05$). The interaction effect of time and condition ($F(3.16, 47.36) = 1.50, p > .05$) was not significant; therefore, participant self-esteem was not affected by the participant's condition nor by time.

Results indicated support for the third hypothesis which proposed to find an increased ability to psychologically detach from stressors following a mindful yoga practice. The main effect of time was significant ($F(1.99, 59.60) = 22.60, p < .05, \eta^2_p = .43$) meaning, as we can see in Figure 1, that across each condition, detachment increased from control group to active-control group to yoga group. Again, Greenhouse-Geisser results are reported. More specifically, a quadratic effect was significant, ($F(2, 30) = 19.90, p < .05, \eta^2_p = .57$); this means accounting for the non-linear nature of the results provides a more accurate summary of the effect, in which detachment initially increases and then decreases the next day. The effect of condition was significant ($F(2, 30) = 6.72, p < .05, \eta^2_p = .31$) highlighting the effect of the yoga condition on detachment as opposed to the control and active-control groups. Most interestingly, the interaction effect was significant ($F(3.97, 59.60) = 10.20, p < .05, \eta^2_p = .41$). Figure 1 visually demonstrates this non-linear relationship between time and condition; the figure displays an

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initial increase in ability to psychologically detach that is more pronounced for the yoga condition. However, participants did not report a sustained increase in the next-day survey.

Discussion

The purpose of this study was to provide evidence of the benefits of a single yoga practice. The results found support for some measures, but not all outcomes were significant. My third hypothesis predicted an increase in participant ability to psychologically detach from common college stressors. Hypothesis three did garner support in the data. Figure 1 highlights the initial increase seen in psychological detachment immediately after participating in a study condition and sensible decrease reported the next day. This increase in detachment was significantly larger than the detachment reported by the active-control and neutral-control conditions.

It may be that changes in detachment were more readily detected because of the nature of the measure. As a construct, detachment is a more immediate measure of change in perceptions. There is the primary role of physical separation and the secondary role of mental separation. The physical separation from some sources of stress may have been largely accomplished by the physical setting of the experiment. In the yoga condition, participants were asked to place all of their personal items (i.e. backpacks, phones, watches) in the back of the room; in the active-control condition, participants had to physically separate from their more cumbersome prefects such as backpacks and laptops; and the neutral-control group were not instructed to put away their personal items, in fact many participants did homework throughout the control condition. These varying degrees of physical separation can reasonably explain the distinct detachment levels reported across conditions. The quadratic nature of these findings, or lack of next-day effects, may be due to the single session design that was used for this study. That is, more regular

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practice of the physical activity may develop patterns of psychologically detaching from stressors more consistently.

Although there was support for benefits in psychological detachment, the other proposed benefits were not supported. My first hypothesis predicted a decrease in participants perceived stress. Because yoga offers an opportunity to reevaluate our resources, it could be reasonably assumed that the experimental condition would offer some respite from everyday college stressors. Results from the self-report survey demonstrated an initial drop in levels of perceived stress. While the effect of time was significant, there was no evidence to support a conditional effect. Initially, participants in the experimental condition reported a slight decrease in perceived stress, which may be due to the pre-surveys prompting individuals to reevaluate their stress levels in general. As there was no meaningful condition or interaction effect, participants did not demonstrate an overall decrease in perceived stress levels in the yoga group compared to other conditions. The lack of significance may also be attributed to the way stress was measured, with the responses to those items being less likely to change based on the yoga practice or other conditions, regardless of actual benefits of the condition.

My second hypothesis predicted an increase in participant's levels of self-esteem for those in the yoga condition; however, the data did not support this. Instead, self-esteem was not significantly affected by time nor condition. These non-significant findings may be, in large part, due to the small sample sizes and single session design. Self-esteem may also be a more stable variable that is not as easily altered during a short-duration intervention. Future studies could observe changes in self-esteem after a longer period of regular yoga practice.

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Limitations

This research was strong in study design and potential to add to existing literature, but also had limitations that need to be acknowledged. The final sample size for this project was 33; 14 participants were in the control condition, eight were in the active-control, and 11 were in the experimental condition. With such a small sample size, there was not much statistical power available to detect significant relationships. We did, however, have 100% response rate across all three sessions (i.e. the pre, post, and next-day survey). This study also used a convenience sample of undergraduate psychology students and this may have hindered the present study through a lack of representative data. For example, psychology students may have a greater knowledge of stress and its associated affects than other majors and may be affected differently by a stress management intervention. A final limitation of this study was the single session design. If we had been able to introduce multiple sessions across time, there would be a greater potential to find a decrease in perceived stress and an increase in self-esteem, both of which tend to be more stable measures.

Implications and Future Directions

The present study offers several implications for future research. First, this study demonstrates that detachment can be increased by a single session of yoga. Hobfoll defines the Resource Investment Principle as a phenomenon in which “individuals are motivated to acquire additional resources by investing the resources they currently have” (Hobfoll, 1989). As such, detachment activities, such as yoga, require an investment of time and energy. While this research demonstrates a quantitative benefit of a yoga practice, college students may need help in understanding the importance of investing their time and energy into activities such as these in order to experience the physical and psychological benefits. Therefore, a yoga practice may be a

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valuable activity for students to take time to learn to disconnect from stressors associated with school or other roles. To take this research further, studies should incorporate multiple sessions into their methods in order to see the longitudinal effects of a yoga practice. While this study found that detachment did not persist to the next day, a multiple session design could reasonably affect next-day results as participants begin to receive the benefits of investing their resources to gain additional resources.

In a similar manner, wellness-based departments, such as Campus Recreation, require that students buy-in to their programs in order to be successful. Most four-year universities offer fitness facilities as a resource to students. As such, this study demonstrates an increased need for mindful program offerings within these departments. If the departments were to invest more of their resources into developing and promoting these programs, then students may better understand the potential benefits from investing their resources in a yoga class.

In order to increase generalization, future studies should work to incorporate a more diverse sample into each condition. Future studies should be opened to other majors and academic programs would offer a more holistic view of the effects of a mindful yoga practice on college students. Another avenue of exploration could include examining personality differences within stress perceptions and coping methods. These studies could establish if certain individuals benefit to a greater extent from a yoga practice compared to other stress management strategies.

In conclusion, the goal of this study was to examine the effects of a mindful yoga practice on college student perceived stress levels, self-esteem, and ability to psychologically detach from stressors. Research yielded support for an initial increase in participant detachment, but perceived stress and self-esteem were largely unaffected by a single yoga class. This research has implications for future research designs as well as practical applications for universities.

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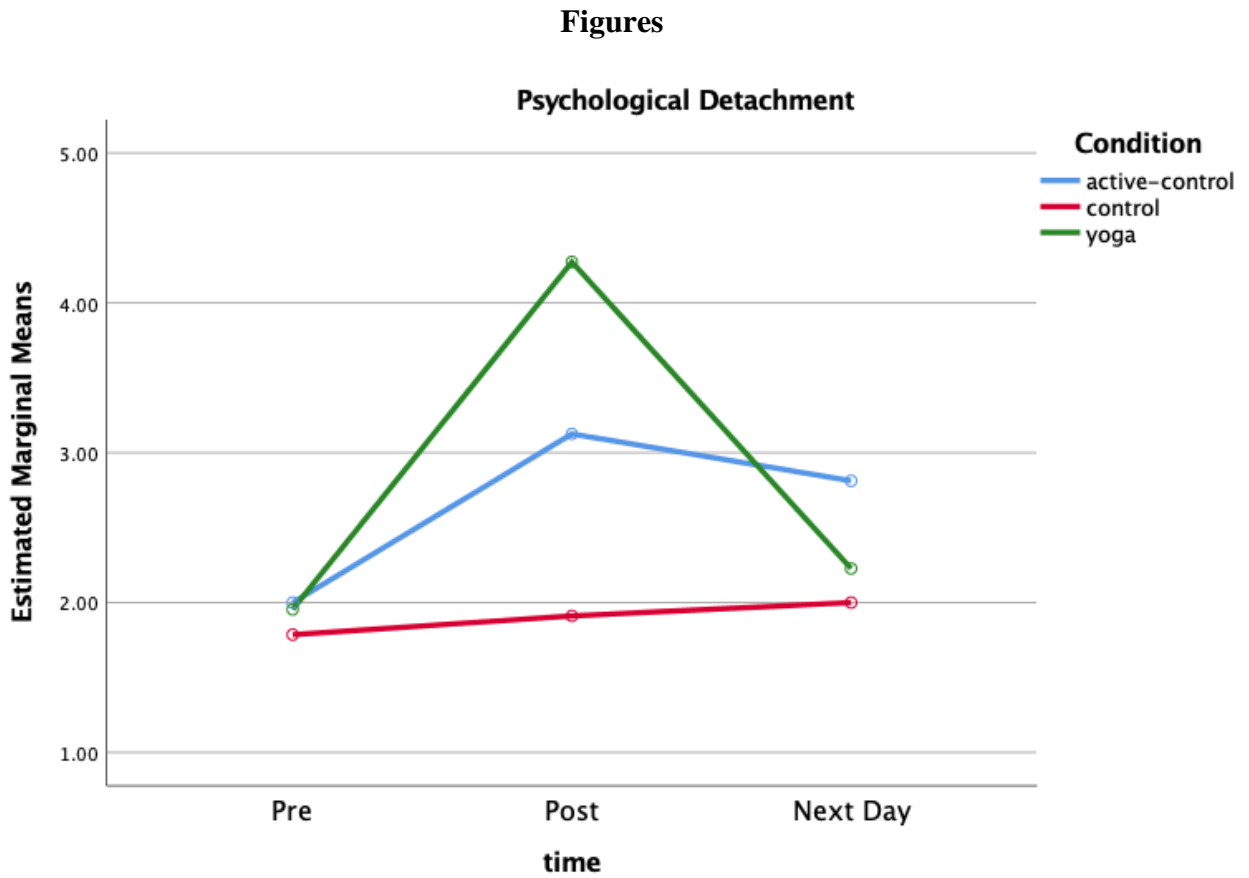


Figure 1. Time by Condition Interaction for Psychological Detachment.

Appendix

Appendix A

POSE

SCRIPT

Hello everyone, my name is Jaylee. To begin, we'll start by lying flat on our backs, taking this time to bring our attention to how our bodies feel in this present moment. Closing our eyes if we haven't already, we'll begin to practice allowing the stress of our days to fade into the background. Today we are going to practice mindful yoga which means that we are paying attention, on purpose, to the moment-by-moment changes in our bodies or minds, non-judgmentally. During our flow, there are no right or wrong ways to be. We are not in competition with each other, we are not trying to get anywhere, we are all simply learning to be exactly where we are. Inhaling through our nose, we'll send our breath deep into our belly before we allow our lungs to expand, exhaling from our stomach first, then allowing our lungs to decompress. Relaxing our minds, we'll begin to notice our thoughts as they come up- as if they're pictures on a slideshow. Detaching ourselves from judgment, we'll practice accepting what may come in the present moment. We'll begin by simply noticing how it feels to be in our bodies, letting go of judgement and just observing. We're going to run through a simple body scan to begin. So starting at the tops of our heads, we'll feel the contact of our head on our mat.

relaxation

Bringing our attention down through our face, maybe we relax our jaws releasing our tongues from the roof of our mouths. Softening our neck and our shoulders, maybe we notice our shoulders pressing into the ground. Moving through our spine, and our core, maybe relaxing our muscles here, or simply noticing as much as possible without expectation or judgment. Continuing through our hips, noticing gravity pulling us down into our mats. Moving through our thighs, knees, and calves. Maybe we notice how our heels feel against the ground, perhaps we stretch out our toes before we relax them back to neutral.

BODY SCAN

When we're ready, we'll go ahead and begin to draw our knees up towards our chest. Noticing how it feels to be present during this movement. Bringing our attention back to our breath, trying to deepen our inhales and exhales. Maybe we start to draw semicircles with our knees, gently massaging our lower backs. I want to remind you all of the option you each have to adapt any pose to what your body needs.

knees to chest

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rock back and forth	slowly, we'll begin to rock back and forth. taking however long we need to get to a neutral seated position. try to make this as slow as we can so that we feel the connection with our spine and the ground.
neutral seated position	bringing attention to our core, sitting up straight and tall, we'll get comfortable here
roll shoulders	bringing our hands to our knees on our inhale we'll begin to draw our shoulders up to our ears and on our exhale, we'll slowly draw our shoulders down and back. moving with our breath, we'll continue to breathe through this movement. Keeping our eyes closed, we'll use this time to focus on how our body feels.
inhale arms up exhale prayer hands	On our next inhale we'll send our arms out and overhead, catching at the top of our inhale to reach further. As we exhale, we'll bring prayer hands through hearts center. Allowing our hands to fall to our knees, we'll begin to bring our right ear towards our right shoulder. Without drawing our shoulders up or straining our neck in this posture, we'll let gravity do the work.
stretch neck	When we're ready, we'll sweep our feet out to one side. Meeting in a tabletop position, our knees should be under our hips and our wrists should be under our shoulders. Activating our core in this pose, we'll shift our weight into our left hand. Lifting our right hand, we'll flip it over placing it on the ground so our fingertips are facing our knees. Keeping the weight out of our right hand we'll gently rock our hips back and forth to warm up our wrists. When we're ready, we'll place our palm on the ground again, fingertips facing outwards- gently rocking side to side. (Repeat on L side)
wrist stretches	Replacing our hands on the ground, we'll spread our fingertips as wide as we can and grip the mat. Being mindful of where our weight shifts in our hands, we'll inhale as we drop our belly and look up towards the sky. On our exhale, we'll round up through our back tucking our chin into our chest. Closing our eyes, we'll move with our breath. Focusing on how this movement feels for our body, not how it looks to others, feel free to explore these poses, finding where we can create more space in our backs.
cat/cow	

YOGA INTERVENTION

When we're ready, we'll return to a neutral spine. Preparing to lift our opposite limbs, we'll bring our right fingertips out to the floor in front of us and send our left toes to the ground behind us. We have the option to stay here and focus on activating our core to find extra balance in this posture. If we want to continue into this movement, we'll inhale as we lift our limbs off of the floor. Keeping our core engaged, we'll send energy through our heel while, at the same time, reaching out towards the front of the room. Bringing our attention back to our breath we'll take a few breaths here. Inhaling through our nose, we'll exhale through our mouths. On our next exhale, we'll gently bring our limbs back to our mats. (Repeat on other side)

spinal balance (opp. limbs) Replacing our hands on our mats, we'll send our hips back to sit on our heels for child's pose. You have a few options for your arms here in this pose- out in front of us, palms facing the floor; or we can send our arms behind us reaching for our heels- whichever feels best for our bodies right now. We'll allow our foreheads to rest on the ground. Maybe we roll our forehead on the ground to feel a gentle massage on our foreheads. Bringing our attention back to our breath, we'll evaluate how our bodies feel practicing acceptance and non-judgment.

child's pose On our next inhale, we'll lift our chest as we slide our hands under our shoulders. Lifting our hips, we'll remain on our knees here in this modified plank pose. If we feel like our stance is too short, we can walk our hands out a little further.

modified plank On our exhale we'll begin to slowly lower our chest to the floor. Keeping our elbows into our side body, we'll try to control this movement as much as we can.

chaturanga Once we're on the ground, we'll inhale as we lift our chest up. Being mindful to keep our legs on the ground behind us, using only our back muscles to lift us up. We'll check that we're not using our fingertips as a crutch by lifting them off the ground.

baby cobra Exhale, we'll release our chest back to our mats. When we're ready, we'll bring our hands underneath our shoulders. On our inhale we'll lift our chest and hips. We'll walk our knees out to the sides of our mats as we prepare to send our hips back for an extended child's pose. We can rest our forehead on the ground here while we come back to our breath. This is one of our active rest poses that we can come back to at any point in our practice today if we need to come back to our breath or re-evaluate how our bodies feel. When we're ready, we'll send begin to walk our hands to the right side of our mats, breathing into this left side body stretch, we'll be mindful of trying to keep our hips squared down to the ground. On our next inhale we'll walk our hands through center and to the left side of our mats.

extended child's pose

YOGA INTERVENTION

Returning our hands to center, we'll lift our chest and hips as we slide our palms underneath our shoulders. Gripping the mat again here, we'll tuck our toes behind us. On our next inhale, we'll send our hips up and back, meeting in down dog.

Checking in with our alignment here, we'll make sure that our feet are hip distance apart, and our gaze should be through our feet. Pushing through the ground we'll try to create some space in our shoulders by relaxing them away from our ears as we try to send our hearts space towards our legs. We have the option to stay here working on our breath or alignment in our down dog, or we can pivot our left heel towards the arch of our right foot. Keeping our toes in the same position we'll push our hips back as we normally would in a down dog. (Repeat with other foot). Returning both feet to a neutral position, I want to remind everyone that this is our other active rest pose.

On our next inhale we'll prepare to tiptoe our way up to the front of our mat. Being intentional with our movement here, I invite you to bring attention to our hands and where the weight shifts into our fingertips as we walk up.

As we exhale, we'll release into a forward fold. We'll give our knees a generous bend as we grab opposite elbows and let our head hang heavy here. Maybe we nod our head yes/no as we deepen our breath in this forward fold.

as we exhale, we'll let go of opposite elbows. on our inhale, we'll draw our palms up our shins and lift our chest parallel to the floor. Staring in front of us at the ground, we'll activate through the backs of our legs in order to hold our upper body here.

and we'll release this pose on our next exhale. on our next inhale, we'll bend our knees as we sweep our arms out and overhead.

We'll meet in mountain pose, catching at the top of our breath to reach up a little further.

on our exhale, we'll grasp our right wrist with our left hand. inhale we'll lift up a little further before we gently bend at the hips towards the left side of our mats. bringing our attention to our feet, we'll evaluate where our weight is, trying to redistribute it evenly. (repeat on both sides)

stepping our feet out so that we're in a standing straddle, we'll inhale up to a 5-pointed star. reaching our fingertips out towards the ceiling, we'll exhale as we squat with our legs, bringing our elbows into our sides. Closing our eyes, we'll pay attention to how this movement feels for our bodies, not how it looks.

YOGA INTERVENTION

moonflowers	<p>Inhaling back up to the 5-pointed star, we'll exhale keeping the same squatting form. Once we're close to the floor, we'll sweep our arms underneath us, hugging ourselves before we inhale and send our arms back up to the sky. Being mindful of how our body is changing throughout these movements; moving slow and controlled, we'll continue for a few cycles of breath on our next inhale, we'll send our arms up into a 5-pointed star.</p>
standing straddle	<p>keeping our legs straight, we'll bring our hands down to our hips. on our next exhale, we'll begin to bend at our hips gently bending our knees we'll allow our head to hang heavy. maybe we grab our opposite elbows and nod our head yes/no.</p>
mountain pose	<p>bending our knees again here, we'll inhale as we lift our chest up and sweep our arms out and overhead. sweeping our left arm, we'll move to the front of our mats.</p>
chair pose	<p>on our exhale, we'll sit into a chair pose. Our feet should be hip distance apart and we should still see our toes. Tucking our hips underneath, us, imagine squeezing a block in-between our thighs. relaxing our shoulders down and back, we'll keep our core engaged.</p>
runners lunge	<p>As we inhale, we'll lift our R heel off the ground. exhale, we'll send our R foot back for a runner's lunge. (hold)</p>
split stretches	<p>slowly, we'll gently lower our knee to the ground. as we exhale, we'll push our hips forward into a kneeling lunge. Closing our eyes, we'll try to focus on relaxing our hips and letting gravity do the work for us. on our inhale we'll rock back, sinking our hips towards our heels as we flex our front foot. (repeat 3x)</p>
modified chaturanga	<p>planting our hands-on opposite sides of our feet, we'll begin to push away from the ground- bringing our left knee to meet the right underneath us. Maybe we walk our hands out if we feel a little squished in this modified chaturanga. On our exhale, we'll begin to slowly lower our chest towards the ground. Controlling this movement as much as we can, we'll meet with our upper body flat on the ground. On our next inhale, we'll lift up our chest from the ground, trying to keep our legs flat on the ground, we'll use just our back muscles to lift us here. maybe we pick up our fingertips to make sure we're not using them as a crutch. Exhale, we'll release back down to the ground.</p>
split stretches	<p>sliding our palms back under our shoulders, we'll inhale as we lift our hips up and back. staying on our knees, we'll pick up our right leg and plant our foot in the center of our mat. as we exhale, we'll push our hips forward into a kneeling lunge. Closing our eyes, we'll try to focus on relaxing our hips and letting gravity do the work for us. on our inhale we'll rock back, sinking our hips towards our heels as we flex our front foot. (repeat 3x)</p>

YOGA INTERVENTION

On our inhale, we'll lift our chest, coming out of this kneeling lunge. When we're ready, we'll bring our knees back underneath us. If we're feeling some discomfort in our knees today, feel free to fold our mats over to give ourselves more padding.

When we're ready, we'll sweep our arms out in front of us. as we exhale, we'll begin to open up our chest, taking our hands behind us, we'll begin to make fists with our hands. placing these fists against our hips we'll use this connection to open up our chest. Think about creating some dynamic tension with our fists pushing into our hips and our hips pushing back against those fists. Maybe we think about rolling our collar bone towards the back of the room. Looking upwards in this modified camel pose, we'll try to keep an upward motion, elongating our spine. Let's bring our attention back to our breath as we take an inhale through our nose.

modified camels pose

as we exhale, we'll release out of this pose, sweeping our arms in front of us we'll give ourselves a giant hug. Maybe we tuck our chin to our chest, maybe we check back in with our bodies.

hug

Evaluating how it feels to be present right here, right now.

When we're ready, we'll bring our palms back down to our mats. Send our weight into our right side, we'll allow our toes to pivot outwards. Sending our left arm out and overhead, we'll open up to the side of the room for a side plank. Our left foot can come down to the ground behind us. Checking in with our alignment, maybe we need to walk our wrist back under our shoulders. We'll bring our attention to our core as we try to squeeze our belly button back towards our spine. When we're ready, we'll begin to draw big circles with our arms, noticing when/where our weight shifts as we add movement to this side plank.

modified side plank

sweeping our left palm back down to the ground, we'll bring our left knee back underneath our hips. Moving with our breath we'll explore cat/cow together again. Maybe we're coming back to our breath here, trying to send each inhale deep into our bellies.

cat/cow

When we're ready, we'll bring our palms back down to our mats. Send our weight into our left side, we'll allow our toes to pivot outwards. Sending our right arm out and overhead, we'll open up to the side of the room for a side plank. Our right foot can come down to the ground behind us. Checking in with our alignment, maybe we need to walk our wrist back under our shoulders. We'll bring our attention to our core as we try to squeeze our belly button back towards our spine. When we're ready, we'll begin to draw big circles with our arms, noticing when/where our weight shifts as we add movement to this side plank.

modified side plank

YOGA INTERVENTION

sweeping our left palm back down to the ground, we'll bring our left knee back underneath our hips. Tucking our toes underneath, us, we'll spread our fingertips to grip our mats. As we inhale, we'll prepare to send our hips up and back for a down dog. Making sure our feet are hip distance apart, we'll allow our head to hang heavy gazing through our feet. Trying to keep a flat back, we'll push the ground away from us.

down dog

On our next inhale, we'll slowly begin to tiptoe our way up to the front of our mats. Making this an intentional movement, try to go as slowly as possible. Maybe we notice where the weight begins to shift into our hands as we get closer to our hands.

tiptoe to forward fold

exhale, we'll release into a forward fold. As we inhale, we'll sweep our palms up our shins lift our chest parallel to the floor.

halfway lift

We'll roll our shoulders down and back.

on our exhale, we'll release back into forward fold. Bending our knees, we'll prepare to sweep our arms out and overhead on our inhale, meeting in mountain pose

reverse swan dive

catching at the top of our inhale to reach a little further, we'll bring prayer hands through heart center on our exhale.

exhale prayer hands

allowing our hands to fall to our sides, palms facing outwards, we'll close our eyes here. Taking this time to check in with our bodies. As we did at the beginning of class, I want each of you to run through your own body scan. Focusing on how our bodies feel in this present moment, and trying to detach ourselves from any judgment, we'll allow our minds to wander our bodies.

mountain pose

when we've run through our own body scan, taking however much time we need to today, we'll inhale our arms overhead.

inhale arms up

reaching upwards, we'll shift our weight over into our right side. Noticing when our left foot wants to come off of the ground, we'll pick our foot up and send it back. Grounding down through our left heel, we'll meet in warrior one. Checking in with our alignment, we'll try to square our hips and shoulders forward. Our knees and ankles should be in line with one another, and we should still be able to see our right toes. we'll bring our attention back to our breath here.

warrior 1

on our next exhale, we'll open up to the side of the room. Checking in with our alignment here, our hips should be squared to the side of the room, and we should be reaching our arms out to either side of the room as if our favorite things are just out of reach.

warrior 2

making sure to keep our strong warrior legs here, we'll allow our back hand to fall to our left thigh, without putting much pressure here, we'll flip our front palm and inhale as we lift our hand to the sky for exalted warrior.

exalted warrior

YOGA INTERVENTION

modified chaturanga	<p>when we're ready, we will begin to windmill our arms down-planting them on either side of our front foot. Pausing here to push away from the ground, we'll float our front foot behind us and we'll meet in a plank pose. Gently, we'll place our knees on the ground to prepare for our chaturanga. As we exhale, we'll try to control our movement as we slowly lower to our mats. On our inhale, we'll lift our chest off the ground, using our back muscles only; exhale, we'll release this pose.</p>
down dog	<p>planting our palms underneath our shoulders, we'll inhale as we send our hips up and back for down dog. Making sure our fingertips are spread wide, we'll practice gripping the mat here.</p>
tiptoe to forward fold	<p>On our next inhale, we'll slowly begin to tiptoe our way up to the front of our mats. Making this an intentional movement, try to go as slowly as possible.</p>
halfway lift	<p>exhale we'll release into a forward fold. As we inhale, we'll slide our palms up our shins lifting our chest parallel to the floor. We'll gaze at the floor in front of us. Try to engage our core here- trying to get our belly button to reach our spine. exhale we'll release back down.</p>
reverse swan dive	<p>bending our knees, we'll inhale as we sweep our arms out and overhead. Catching at the top of our inhale to reach a little further, we'll prepare to ground down through our left foot.</p>
warrior 1	<p>sending our right foot back, we'll ground our heel down as we sit into warrior 1. We'll bring our attention to our alignment here- our knees and ankle should be in line, our hips should be squared forwards, and we should still be able to see our toes. If we feel a little too tight/ like we're leaning forward in this pose, try stepping our front foot out. Inhaling up with our arms, we'll sink into these strong warrior legs.</p>
warrior 2	<p>on our exhale, we'll sweep our arms out, as we open to the side of the room for warrior 2. check back in with our alignment, notice how these micro changes affect our bodies. Try to be mindful of our front knee so it's not leaning to one side. Trying to reach out to either side of the room, we'll keep our strong warrior legs. Maybe we bring our attention back to our breath in this pose.</p>
exalted warrior	<p>when we're ready, we'll flip our front palm to face the sky as we gently bring our back palm to our thigh. Inhaling on our way up, we'll exalt our warrior. Bringing our attention back to our legs, we'll continue to move inhale deeply here.</p>
modified chaturanga	<p>on our next exhale, we'll windmill our arms down. Placing them on either side of our foot, we'll try to push our shoulders away from the ground as we prepare for chaturanga, we'll send our foot back for plank pose. gently, we'll bring our knees to our mats. on our exhale, slowly lowering our chest to the ground.</p>

YOGA INTERVENTION

- bringing our palms underneath our shoulders, we'll rock back onto our knees as we lift our chests up from the ground. Sinking our hips back towards our heels, we'll sit in a child's pose. We have a few options for arm placement here- we can keep our arms outstretched on the floor in front of us, or we can bring our hands back towards our heels, keeping our forehead on the ground. Listen to what your body needs in this pose and choose from there.
- Child's pose
- when we're ready, we'll begin to lift our head up from our mats, we'll meet in a tabletop position. Tucking our toes underneath, us, we'll slowly begin to walk our hands towards our feet. We should feel a nice foot stretch this way. Feel free to keep your fingertips on the ground here, or if you have the mobility today feel free to try walking our hands up our thighs. We'll take a few breaths here. Closing our eyes, we'll pay attention to how this feels in our bodies.
- foot stretch
- Exhale, we'll bring our hands back to the mat as we untuck our toes, we'll prepare to meet in standing, taking whatever poses we need to get there.
- mountain pose
- Once we're at the top of our mats, we'll inhale as we ground down through our left foot. Sending our weight into our left side, notice where our right foot begins to lift off of the floor, allowing it to do so, we'll begin to notice our right hip open here. Once we find that natural rotation, we'll bring our foot up to either our calf or our thigh for a tree pose. As long as our foot is not on our knee, we are good here. Inhaling our arms up, we'll exhale through hearts center. Feel free to take whatever arm variation feels most empowering here (i.e. prayer hands, outstretched, etc.). We'll release this pose on our next exhale and shake out our legs/arms here. (repeat on other side)
- tree pose practice
- Releasing out of this pose, we'll inhale our arms up. On our exhale, we'll bend our knees, as we swan dive down into a forward fold.
- forward fold
- Planting our hands here, we'll step our way back to a plank pose. Gently, we'll bring our knees down to the floor as we sink our hips back for a child's pose. Maybe we give our forehead a massage on the ground, maybe we're simply coming back to our breath here.
- Child's pose
- On our next inhale, we'll sweep our palms under our shoulders, lifting our chest, we'll meet in a tabletop position. Moving with our breath, we'll take a few more cat/cows. Inhaling as we drop our belly- exhaling as we tuck our chin to our chest.
- cat/cow
- sweeping our feet to one side, we'll bring our sit bones to the ground. Bringing our left leg underneath, us, we'll plant our right foot on the outside of our left knee. Twisting from our
- half lord of the fishes

YOGA INTERVENTION

core, we'll bring our right elbow to our right knee. Exhaling into this seated spinal twist. (repeat on other side)

when we're ready, we'll plant our feet on the floor in front of us. Rocking back, we'll feel our core engage. Opening up through our chest, we'll begin to check back in with our breath. On our next inhale, we'll lift up our right leg as we flex our heel. Exhale, we'll release back down. Opening up our chest again here, we'll Inhale to lift up our left leg- flexing through our heel, we'll exhale to release down. (Repeat 2x). Slowly and controlled, we're going to lower our back to the ground. One vertebra at the time, this should be as slow as we can make it. Focusing on our breath, no matter how shaky we get. Once we're on the ground, we'll think about rolling our shoulders underneath us. On our next inhale we'll push up through our hips for a bridge pose. Engaging through our glutes, we'll try to lift our hips up to the sky. Being mindful of our knees, trying to keep them straight here. On our next exhale, we'll slowly bring our hips back to the floor. With our feet still planted here, we'll begin to rock our knees from side to side. Keeping our back as flat on the ground as we can, we'll begin to focus back in on our breath. When we're ready, we'll bring our knees up to our chest, hugging them here. Maybe we rock from side to side gently massaging our lower back. On our next exhale, we'll lower our arms into a T on the ground. Controlling our movement, we'll prepare to place our legs down on our left side, both knees at the same time. (repeat on other side) On our next exhale, we'll stretch our legs out to on the ground. Allowing our hands to fall to our sides, palms facing up we'll relax into savasana. Maybe we begin to run through our own body scan here, reevaluating how our body feels in the present moment. Maybe we begin to focus back in on our breath, sending it deep into our bellies. Listening to our bodies, we'll take advantage of this stillness and relax into the present moment.

modified boat pose

bridge pose

wiggle knees

knees to chest

knees to either side

savasana

YOGA INTERVENTION

Appendix BPrecondition Survey

Please read the following items and respond as honestly and accurately as possible.

1. What is your UTC ID?

2. What is your class standing?

3. How many credit hours are you enrolled in this semester?

4. When was the last time you exercised (in days) and for how long (in hours)?

5. Last night, when did you go to bed?

6. Last night, how long (in minutes) did it take you to fall asleep?

7. This morning, what time did you get up?

8. Last night, how many actual hours of sleep did you get at night? (This may be different than the number of hours you spend in bed.)

9. How often do you do yoga?

- Never Almost never Sometimes Fairly Often Very often

YOGA INTERVENTION

Think about how you've felt today. Respond to the following items using the scale provided.

	Never	Almost never	Sometimes	Fairly Often	Very often
Today, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you been angered because of things that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOGA INTERVENTION

Please think about your day before now and answer the following questions as honestly and accurately as possible.

	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At times I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I certainly feel useless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I'm a person of worth, at least on an equal plane with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All in all, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a positive attitude towards myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thinking about your day today, please answer the following questions as honestly and accurately as possible.

	Do not agree at all	Slightly disagree	Slightly agree	Mostly agree	Fully agree
I forgot about work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't think about work/school at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I distanced myself from work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got a break from the demands of work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOGA INTERVENTION

Appendix CPostcondition Survey

Please read the following items and respond as honestly and accurately as possible.

1. What is your UTC ID?

Think about how you've felt today. Respond to the following items using the scale provided.

	Never	Almost never	Sometimes	Fairly Often	Very often
Today, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOGA INTERVENTION

Today, how often have you been angered because of things that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please think about your time during this past hour and answer the following questions as honestly and accurately as possible.

	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At times I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I certainly feel useless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I'm a person of worth, at least on an equal plane with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All in all, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a positive attitude towards myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thinking about your mindset following this past hour, please answer the following questions as honestly and accurately as possible.

YOGA INTERVENTION

	Do not agree at all	Slightly disagree	Slightly agree	Mostly agree	Fully agree
I forgot about work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't think about work/school at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I distanced myself from work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got a break from the demands of work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOGA INTERVENTION

Appendix DNext Day Survey

Please read the following items and respond as honestly and accurately as possible.

1. What is your UTC ID?

2. Last night, when did you go to bed?

3. Last night, how long (in minutes) did it take you to fall asleep?

4. This morning, what time did you get up?

5. Last night, how many actual hours of sleep did you get at night? (This may be different than the number of hours you spend in bed.)

YOGA INTERVENTION

Think about how you've felt today. Respond to the following items using the scale provided.

	Never	Almost never	Sometimes	Fairly Often	Very often
Today, how often have you been upset because of something that happened unexpectedly?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were unable to control the important things in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt nervous and "stressed"?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt confident about your ability to handle your personal problems?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that things were going your way?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you found that you could not cope with all the things that you had to do?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you been able to control irritations in your life?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt that you were on top of things?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you been angered because of things that were outside of your control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Today, how often have you felt difficulties were piling up so high that you could not overcome them?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please think about your day and answer the following questions as honestly and accurately as possible.

YOGA INTERVENTION

	Strongly Agree	Agree	Disagree	Strongly Disagree
On the whole, I am satisfied with myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At times I think I am no good at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I have a number of good qualities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am able to do things as well as most other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I do not have much to be proud of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I certainly feel useless.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel that I'm a person of worth, at least on an equal plane with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I could have more respect for myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All in all, I am inclined to feel that I am a failure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take a positive attitude towards myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thinking about your day today, please answer the following questions as honestly and accurately as possible.

	Do not agree at all	Slightly disagree	Slightly agree	Mostly agree	Fully agree
I forgot about work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I didn't think about work/school at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I distanced myself from work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I got a break from the demands of work/school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>