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## A yoga-based mental health wellness program for middle school students

Emerson, Ethan

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### Abstract:

The purpose of this graduate project is to create a yoga program for middle-school students that provides them the opportunity to learn yoga in order to improve their overall well-being, including their mental and physical health. Many adolescents in our society, particularly in lower socioeconomic areas, face problems with stressors such as obesity, depression, anxiety, and low self-esteem. There is also a growing concern over the high rate of students diagnosed with Attention Deficity/Hyperactivity Disorder (ADHD). Research shows that yoga is beneficial to one's physical as well as emotional health, and can be an effective treatment and prevention for the stressors mentioned previously. The program, called YogaTime, is taught by a licensed Marriage and Family Therapist with a license to teach yoga once a week during PE class with the help of a few assistants. This project also provides a sample outline with six pre-designed classes, each with a specific theme, to teach to students.

### Description:

Includes bibliographical references (pages 31-40)

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