

Yoga for Children

Fact Sheet 1 - Research

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Research and Children's Yoga Teaching

Why children's yoga teachers should use research as an evidence base

- Provides credibility about benefits of yoga for children.
- Research can be used to develop the best learning environment for each child's needs.
- Keeps yoga instructors up to date e.g. about which yoga practices are effective (or contra-indicated) for use with children at differing developmental stages

How children's yoga teachers could use research to inform their teaching

- List potential benefits of children's yoga and the evidence that supports these claims.
- Provide references from research that support effectiveness of school-based yoga programs.
- Use the information to communicate with schools about influence of particular yoga practices on health and wellbeing of children (e.g. effects on metabolism, stress, sleep, class room climate).

How to Evaluate Research Articles

Examples of organisations that are using research relating to children's yoga.

- Yoga Ed <http://yogaed.com/resources/15-evidence-backed-reasons-to-find-time-to-move/>
- Yoga Calm <http://www.yogacalm.org/about/research/>
- Omega Institute <https://www.eomega.org/article/the-research-on-yoga-mindfulness-for-kids>

Articles available in data bases e.g. through searching university libraries are already published and have usually gone through a review process, unlike web sites. It is, however, still a good idea to assess the articles yourself before drawing on the findings.

Some ways to do this are to look at the:

1. Source of Research - Look for articles published in scholarly journals, which are written by experts on the topic that are connected to academic institutions and research centres.
2. Reference Lists – the articles should make reference to studies by other experts on the topic – the reference lists at the end of these sorts of articles may direct you to other important books or articles on the topic.
3. Date of Publication- Is the article up-to-date and the latest

research findings, or is it old and perhaps superseded?

Websites

Unlike university data bases, information found on the internet is not always credible. Anyone can publish anything on the internet so claims made there should be used with discretion. Some important questions to ask are:

- When was this information posted?
- Has the information been updated recently?
- Is the author or source of this information an expert?
- Do they have the appropriate knowledge/organisational affiliations to write on this subject?
- Has the information undergone an independent review or refereed process?
- Is the information merely opinion?
- When was this information posted?