



**YOGA OGGI, LLC**  
**Yoga at Work**  
**Resource List**

**Yoga, Meditation, & Mindfulness Impacts in The Workplace**

**RESOURCES**

Do workplace-based mindfulness meditation programs improve physiological indices of stress? A systematic review and meta-analysis

Journal of Psychosomatic Research, Volume 114, Pages 62-71, November 2018

Rachael A. Heckenberg, Pennie Eddy, Stephen Kent, Bradley J. Wright

- “Mindfulness-based interventions (MBIs) lowered high and low diurnal cortisol slopes.
- MBIs increased measures of heart rate variability.
- MBIs reduced salivary alpha amylase concentrations.
- MBIs increased antibody response to a viral vaccine.
- MBIs reduced C-reactive protein concentrations.”

Model of yoga intervention in industrial organizational psychology for counterproductive work behavior

Industrial Psychiatry Journal, Volume 24, No 2, Pages 119–124, July-December 2015

Umesh C. Dwivedi, Sony Kumari, and H. R. Nagendra

“This paper introduces a simple model of cost-effective, trials of yoga intervention at the workplace which could result in the twin benefits of substantial savings from losses for the employers by reducing the CWB [counterproductive work behavior] and health improvements for the employees by reducing the negative affectivity and aggression.”

Yoga for reducing perceived stress and back pain at work

Occupational Medicine, Volume 62, Issue 8, Pages 606–612, December 2012

N. Hartfiel, C. Burton, J. Rycroft-Malone, G. Clarke, J. Havenhand, S. B. Khalsa, R. T. Edwards

“Analysis of variance and multiple linear regression showed that in comparison to the control group, the yoga group reported significant reductions in perceived stress and back pain, and a substantial improvement in psychological well-being.”

Cost-effectiveness of yoga for managing musculoskeletal conditions in the workplace

Occupational Medicine, Volume 67, No 9, Pages 687–695, 2017

N. Hartfiel, G. Clarke, J. Havenh, C. Phillips, R. T. Edwards

“Given a willingness to pay for an additional QALY of £20 000, the probability of yoga being cost-effective was 95%. From a societal perspective, yoga was the dominant treatment compared with usual care. At 6 months, electronic staff records showed that yoga participants missed a total of 2 working days due to musculoskeletal conditions compared with 43 days for usual care participants.”

Stress Management: A Randomized Study of Cognitive Behavioural Therapy and Yoga  
Journal, Cognitive Behaviour Therapy, Volume 35, No 1, Pages 3-10, 2006  
Jens Granath, Sara Ingvarsson, Ulrica von Thiele & Ulf Lundberg

“The results indicate that both cognitive behaviour therapy and yoga are promising stress management techniques.”

Mindfulness Based Stress Reduction for the Changing Work Environment  
Journal of Academic and Business Ethics, Volume 2  
Mason Fries

“Stress is a fact of human existence. Overwhelming stress and distress is not. For maximum stress relief, there must be a change in one’s internal mental processing and perception of the world. The critical factor is one’s ability to be in the present moment, with full awareness, as life only occurs in the “here-and-now.” In today’s work environment there is increasing instability and uncertainty leading to greater stress. The negative effects caused by job insecurity and layoffs are more prominent and seem to dominate the news each day, sometimes with tragic outcomes as murder and suicide.

Current literature suggests that mindfulness based interventions do help to alleviate a variety of mental health problems and improve the quality of life.”

Measuring Health-Related Productivity Loss  
Population Health Management, Volume 14, No 2, Pages 93–98, April 2011  
Rebecca J. Mitchell, MPH and Paul Bates, MB, BS

“Decreased on-the-job productivity and employee absence because of health result in significant costs to employers above and beyond medical spending. Health-related work losses are estimated to cost US employers more than \$260 billion each year, and may cost some companies more than direct medical expenditures.”

Sleep disorders and stroke  
International Journal of Stroke. Volume 7, No 3, Pages 231–242, April 2012  
Douglas M. Wallace, Alberto R. Ramos, and Tatjana Rundek

“Sleep disorders continue to be the most unrecognized modifiable risk factor for stroke (1). One third of US adults report sleeping less than seven-hours per night and 50–70 million have a sleep disorder (1,2).”

Decreased nocturnal awakenings in young adults performing bikram yoga: a low-constraint home sleep monitoring study  
ISRN neurology, 153745, 2012  
Kudesia, R. S., & Bianchi, M. T.

“Bikram Yoga was associated with improved sleep architecture as manifested by more rapid return to sleep for any given nocturnal awakening.”

Aerobic capacity & perceived exertion after practice of Hatha yogic exercises

The Indian journal of medical research, Volume 114, Pages 215-221, 2001

Ray, U. S., Sinha, B., Tomer, O. S., Pathak, A., Dasgupta, T., & Selvamurthy, W.

“The practice of Hatha yogic exercises along with games helps to improve aerobic capacity like the practice of conventional exercises (PT) along with games. The yoga group performed better than the PT group in terms of lower PE after exhaustive exercise.”

Effects of physical activity and sedentary time on the risk of heart failure

Circulation. Heart failure, Volume 7, No 1, Pages 21-27, 2014

Young, D. R., Reynolds, K., Sidell, M., Brar, S., Ghai, N. R., Sternfeld, B., Jacobsen, S. J., Slezak, J. M., Caan, B., & Quinn, V. P.

A healthy way to handle work place stress through Yoga, Meditation and Soothing Humor

International Journal of Environmental Sciences Volume 2, No 4, 2012

Revati C. Deshpande

“Stress in the workplace has emerged as a major issue for businesses and has reached alarming proportions. Organizations must develop stress prevention as well as stress reduction techniques. This research focuses on practices adopted by organizations to prevent, minimize and to overcome the stress. The study aims at understanding use of yoga, meditation and soothing humor by different organizations as an antidote to workplace stress.”

Effect of yogic exercises on physical and mental health of young fellowship course trainees

Indian journal of physiology and pharmacology, Volume 45, No 1, Pages 37-53, 2001

Ray, U. S., Mukhopadhyaya, S., Purkayastha, S. S., Asnani, V., Tomer, O. S., Prashad, R., Thakur, L., & Selvamurthy, W.

“A study was undertaken to observe any beneficial effect of yogic practices during training period on the young trainees. 54 trainees of 20-25 years age group were divided randomly in two groups i.e. yoga and control group. Yoga group (23 males and 5 females) was administered yogic practices for the first five months of the course while control group (21 males and 5 females) did not perform yogic exercises during this period. From the 6th to 10th month of training both the groups performed the yogic practices. Physiological parameters like heart rate, blood pressure, oral temperature, skin temperature in resting condition, responses to maximal and submaximal exercise, body flexibility were recorded. Psychological parameters like personality, learning, arithmetic and psychomotor ability, mental well being were also recorded. Various parameters were taken before and during the 5th and 10th month of training period. Initially there was relatively higher sympathetic activity in both the groups due to the new work/training environment but gradually it subsided. Later on at the 5th and 10th month, yoga group had relatively lower sympathetic activity than the control group. There was improvement in performance at submaximal level of exercise and in anaerobic threshold in the yoga group. Shoulder, hip, trunk and neck flexibility improved in the yoga group. There was improvement in various psychological parameters like reduction in anxiety and depression and a better mental function after yogic practices.”

Effects of mindfulness on psychological health: A review of empirical studies

Clinical Psychology Review, Volume 31, No 6, Pages 1041-1056, August 2011,

Shian-Ling Kenga, Moria J. Smoskib, Clive J. Robinsab

“We conclude that mindfulness brings about various positive psychological effects, including increased subjective well-being, reduced psychological symptoms and emotional reactivity, and improved behavioral regulation.”

The Acute Effects of Yoga on Executive Function

Journal of physical activity & health, Volume 10, No 4, Pages 488-95, 2013

Gothel, N., Pontifex, M. B., Hillman, C., & McAuley, E.

“The purpose of this study was to compare the immediate effects of an acute bout of yoga and aerobic exercise on executive function tests of inhibition and working memory. The current findings indicated that the reaction times were shorter and the accuracy was significantly greater after an acute bout of yoga for tasks requiring greater amounts of executive control, indicating improvements in inhibition and working memory.”

Analysis Of Acoustic of “OM” Chant To Study It’s Effect on Nervous System

IJCSNS International Journal of Computer Science and Network Security, Volume 9 No 1, Page 363, January 2009

Ajay Anil Gurjar , Siddharth A. Ladhake, Ajay P. Thakare

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