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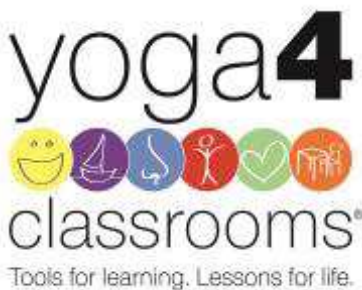
## Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools

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Sponsor and Contributor: Lisa Flynn, Yoga 4 Classrooms®

# Yoga, Meditation and Mindfulness for Children, Adolescents and in Schools *Research Repository*

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This repository includes peer-reviewed research articles based on literature reviews conducted in PsycINFO and PubMed related to yoga and meditation for children/adolescents and in schools. Unpublished and/or non-peer-reviewed research, such as doctoral dissertations, whitepapers, and online reports, are not included. Links to abstracts and full-text publications are provided where available. This repository is updated quarterly with the intention of serving as a helpful resource for schools, program providers, researchers and others interested in research on yoga, meditation and mindfulness for children, adolescents and in schools.

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For ease of reference, 26 new articles published between August 16, 2016 and November 18, 2016 are highlighted yellow.

## Research Reviews & Theory Papers: Yoga, Meditation & Mindfulness in Schools

### *Contemplative Education*

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Gould, L. F., Dariotis, J. K., Greenberg, M. T., & Mendelson, T. (2015). Assessing Fidelity of Implementation (FOI) for School-Based Mindfulness and Yoga Interventions: A Systematic Review. *Mindfulness*, 1-29. [Abstract](#).

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### ***Yoga for School Teachers***

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## Research Studies: Meditation & Mindfulness for Children (not in schools)

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