



Excerpt from The Times, 19 February 2019

There's evidence that Kundalini yoga – that involves breathing exercises and meditation as well as traditional poses, can help ward off feelings of melancholy. When University of California recruited 29 middle aged and older adults, all of whom suffered anxiety and low mood, and asked them to embark on a commercial brain training programme or to learn Kundalini for a 2016 study, they found that the ancient art form drastically improved their mood.

Results published in the Journal of Alzheimer's Disease showed that the yoga group experienced significant improvements in their moods and they scored lower on an assessment of potential depression.