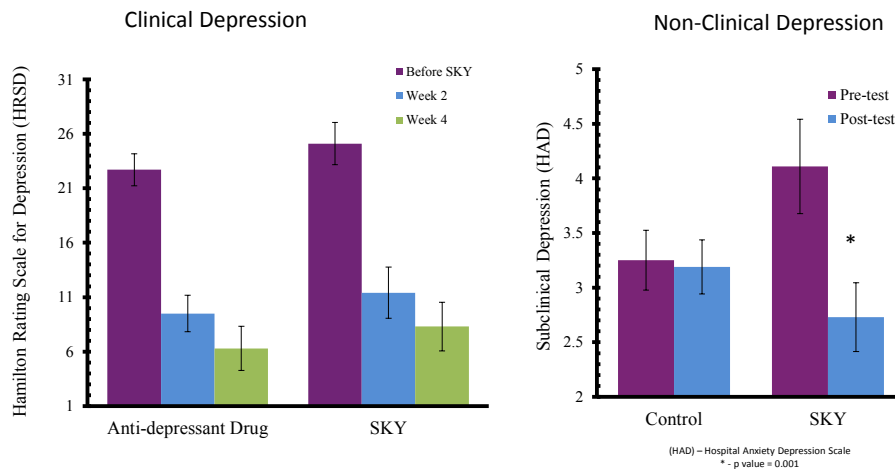


Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY significantly decreases Clinical & Non-clinical Depression



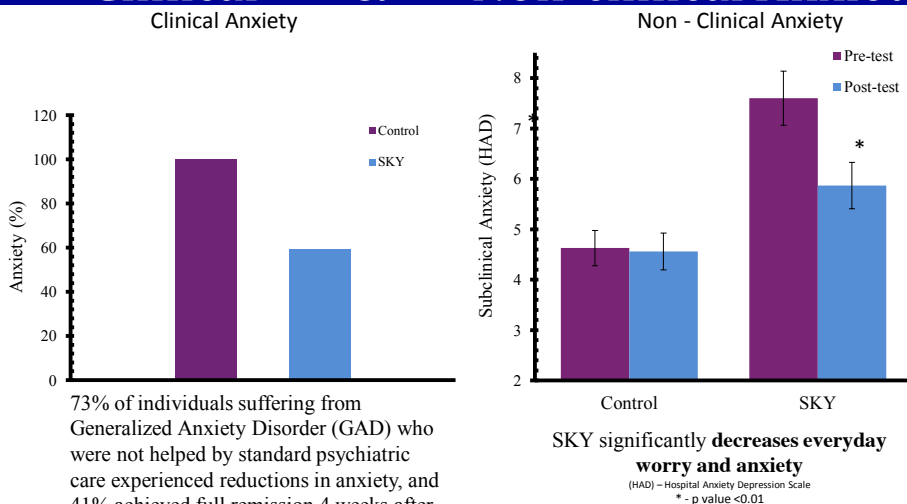
SKY significantly reduces major depressive disorder as effectively as anti-depressant drug therapy, yet is free of unwanted side effects.

N.Janakiramaiah et al. (2000)

SKY reduces everyday blues (non-clinical depression) by one third in four weeks.

Kjellgren et al. (2007)

SKY Significantly decreases Clinical & Non-clinical Anxiety



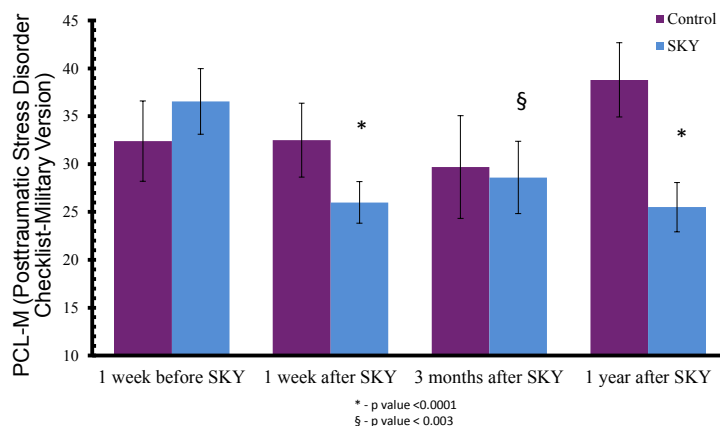
73% of individuals suffering from Generalized Anxiety Disorder (GAD) who were not helped by standard psychiatric care experienced reductions in anxiety, and 41% achieved full remission 4 weeks after learning SKY.
(* - p value <0.01)

Katzman MA et al. , Int J Yoga 2012;5:57-65

Kjellgren et al. , BMC Complementary and Alternative Medicine 2007, 7:43

Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

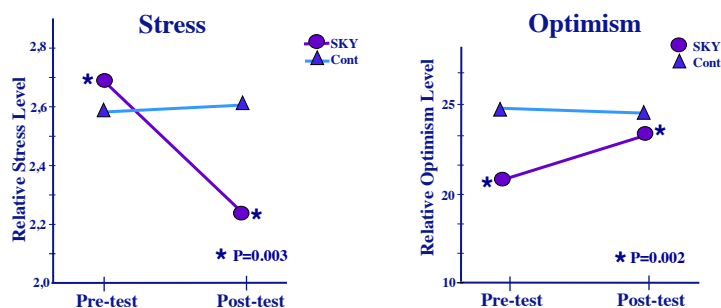
SKY Significantly Reduces PTSD



Iraq and Afghanistan veterans who practiced SKY had **significant reductions in PTSD symptoms after just one week** of SKY practice. **Results persisted for one year** with no follow-up sessions, demonstrating long term benefits.

Seppala et al. (2014)

SKY significantly increases well-being

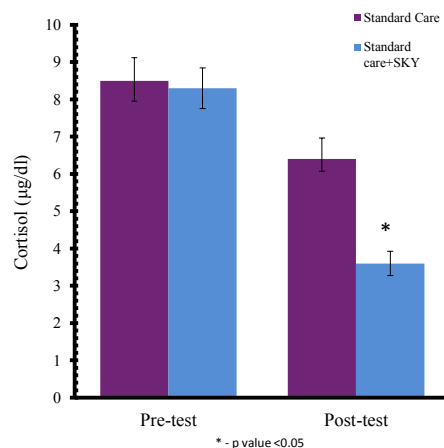


SKY significantly **decreased stress and increased levels of optimism** (a key indicator of wellbeing) in healthy adults, indicating improvement of wellness.

Kjellgren et al. (2007)

Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

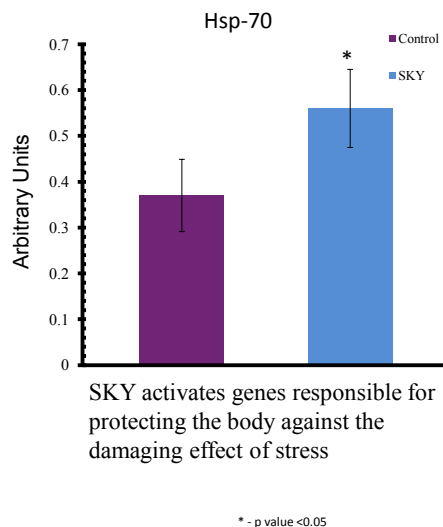
SKY Significantly Decreases Stress Hormone Levels (Cortisol)



Adding SKY to conventional treatment for individuals in recovery for substance use was **twice as effective in reducing stress hormone cortisol levels** as conventional treatment alone

A.Vedamurthachar et al. (2006)

SKY Significantly Activates Genes that Protect against Stress

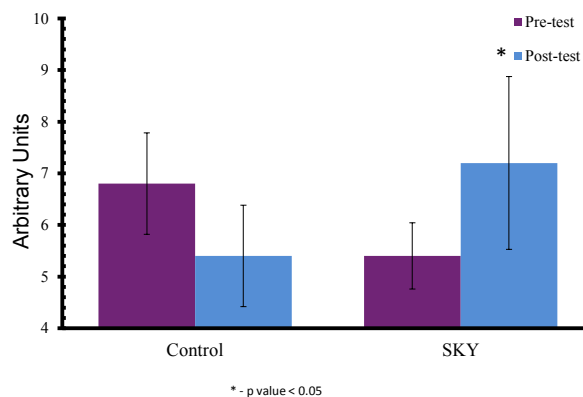


SKY activates genes responsible for protecting the body against the damaging effect of stress

H.Sharma et al. (2008)

Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

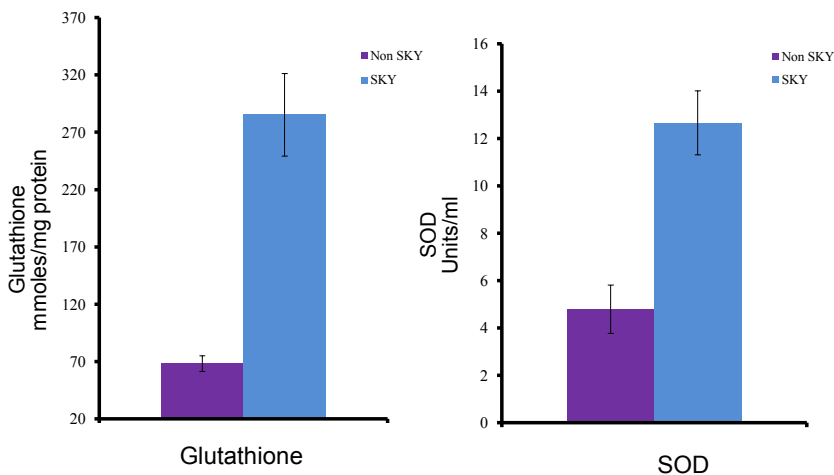
SKY Significantly Increases the Well-being hormone Prolactin



Prolactin, a well-being hormone is abnormally low in depressed individuals. Depressed patients experienced 33.3% increase in their Prolactin levels after their very first SKY session.

Janakiramaiah et al. (1998)

SKY Significantly Increases Antioxidant Production

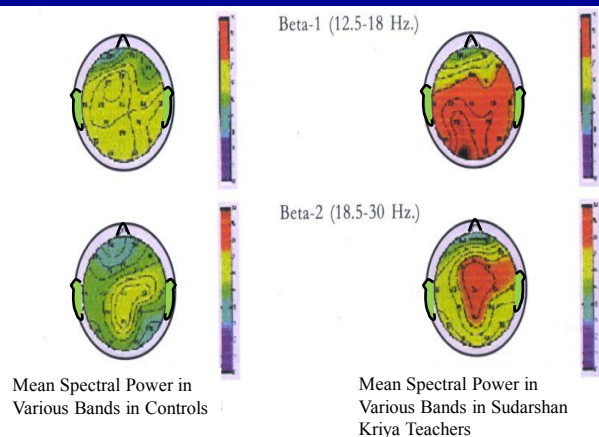


Antioxidants protect cells from free radical damage, which is responsible for many diseases and the aging process. SKY practitioners exhibited **more than twice the levels of the 3 major antioxidants, Glutathione, SOD and Catalase** as controls.

Sharma et al., Biol Psychol. 2003 Jul;63(3):281-91

Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

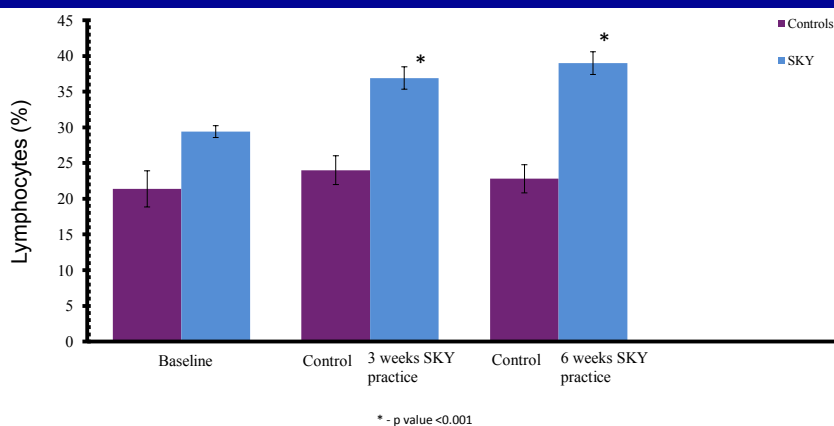
Significantly Greater Mental Focus in Sky Practitioners



EEG measures electrical brain activity. In this study, SKY practitioners demonstrated **significantly greater ($P<0.05$) EEG Beta wave activity** than controls, which is indicative of heightened alertness/ mental focus.

Bhatia et al. (2003)

SKY Enhances Immunity (Lymphocyte count)

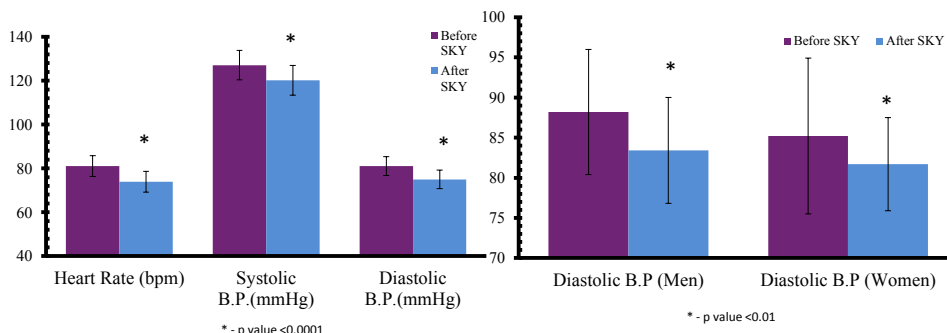


Approximately 70% of all immune cells are lymphocytes. SKY significantly **increased lymphocyte count by more than 50% compared to controls**, suggesting enhanced immune function.

Subramanian, S. et al, 2012

Independent Research Findings: Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY lowers Heart Rate and Blood Pressure in Healthy Individuals & Hypertensives



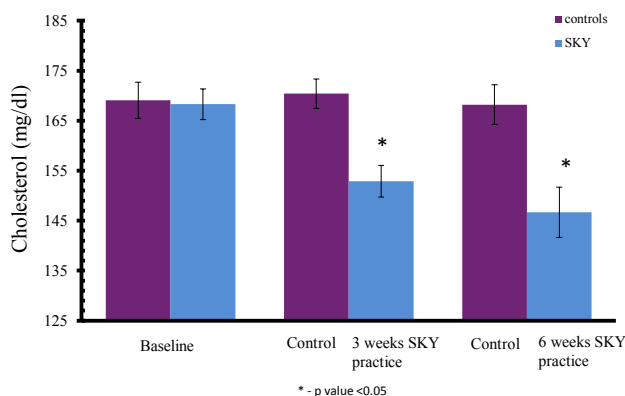
Systolic B.P. – Pressure in the arteries when heart muscle contracts (Normal value is 120)
Diastolic B.P. – Pressure in the arteries when heart muscle relaxes (Normal value is 80)

Heart disease is the leading cause of death in N. America. Heart rate and blood pressure are two key indicators of heart function. SKY significantly decreases the heart rate & blood pressure in both healthy individuals, and in people with high blood pressure.

Somwanshi S. D. et al. (2013)

V.V.AGTE et al. (2011)

SKY Significantly Reduces Cholesterol

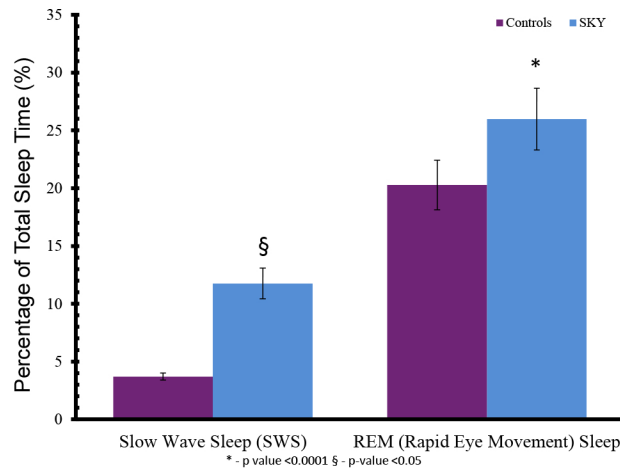


SKY significantly **reduced cholesterol**, with no change in diet in just 3 weeks, even under stressful conditions.

Subramanian, S. et al, 2012

Independent Research Findings:
Health and Wellness Benefits of Sudarshan Kriya Yoga (SKY)

SKY Significantly Enhances Restful Sleep



SKY practitioners spend **three times as much** of their total sleep time in deeper sleep (slow wave sleep), than controls. SKY practitioners spend **13% of their total sleep time in the deeper restful SWS state**, while controls spend only **4%** of their sleep time in SWS state

Sulekha et al. (2006)

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