ABSTRACT

TITLE:	The Effects of Yoga on Novice Students
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ABSTRACT: A gap in knowledge exists on how yoga affects novice participants and the preconceived notion that yoga helps everyone. This study examined the perceptions and stress levels of participants that have never taken yoga before. Initially sixteen student subjects participated; nine completed all aspects of the study. Three different surveys were used to test the hypotheses. A demographics survey was handed out once on the first day of class, a stress survey was handed out before and after each class, and a perceptions survey was handed out after each class. Classes were an hour and a half and took place three times in one week every other day. Stress reduction was significant ($p=0.000$) all three days post-yoga class. Perceptions of yoga relating to demographics was not significant ($p=0.549$). Results from this study support the literature, and therefore, yoga could be utilized as a relaxation technique for individuals dealing with stress.