
Abstract**Full text links**Percept Mot Skills. 2009 Dec;109(3):924-30.**Effect of a yoga practice session and a yoga theory session on state anxiety.**Telles S¹, Gaur V, Balkrishna A.**Author information****Abstract**

Yoga techniques practiced for varying durations have been shown to reduce state anxiety. In this study, there were 300 naive-to-yoga persons of both sexes who were attending a yoga therapy center in north India for stress relief as day visitors and were not residing at the center. They were assigned to two groups, yoga practice and yoga theory, and their state anxiety was assessed before and after a 2-hr. yoga session. A significant reduction in scores on state anxiety was found in the yoga practice group (14.7% decrease), as well as in the yoga theory group (3.4% decrease). The difference in scores following the sessions was statistically significant. Hence, yoga practice as well as learning about theoretical aspects of yoga appear to reduce state anxiety, with a greater reduction following yoga practice.

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