



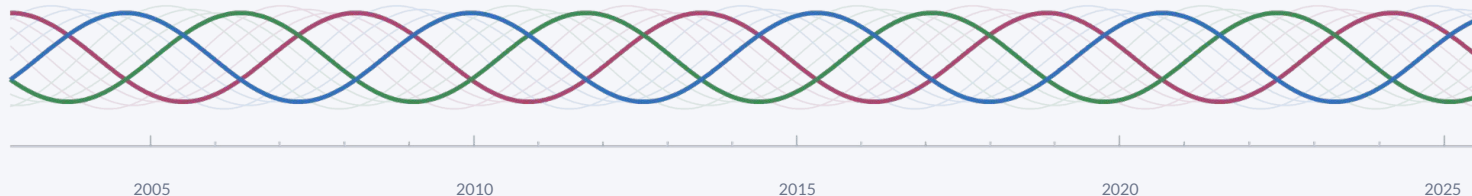
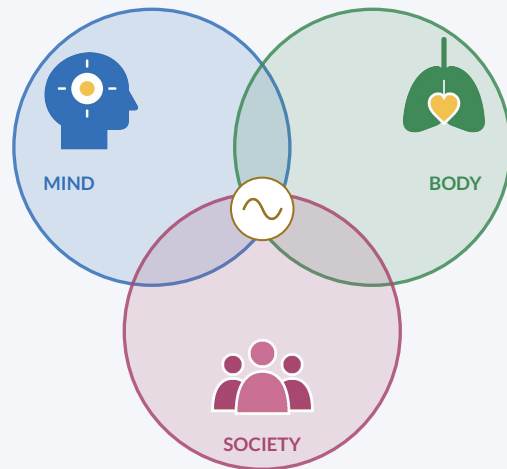
SRI SRI INSTITUTE FOR ADVANCED RESEARCH

◆ INTERACTIVE FLASHCARDS

A Primer on Sudarshan Kriya Research

Selected studies across mental, physical
and social health

Take the quiz • Flip to the evidence • Jump to any topic



● MIND • MENTAL HEALTH

Stress • Anxiety & depression • Sleep

● BODY • PHYSICAL HEALTH

Breath • Heart • Brain • Metabolism • Genes

● SOCIETY • SOCIAL HEALTH

Youth • Women • Trauma & PTSD

research.artofliving.org



Effects Across Populations





Proven Benefits of the Program

Corroborated by Independent Research

SHARP FOCUS

RESTFUL
ALERTNESS

Stay calm
yet
attentive

IIT- Gandhinagar
Harvard University

REDUCED STRESS

-23%
DROP IN CORTISOL
(Stress Hormone)

Stay
composed
under
pressure

Tata Institute of
Social Sciences,
Mumbai
NIMHANS, Bengaluru

BETTER SLEEP

3X
DEEPER
RESTORATIVE
SLEEP

Wake up
refreshed

NIMHANS,
Bengaluru

PRODUCTIVITY BOOST

-29%
REDUCED
ANXIETY

Sharper
focus and
clarity

Indian Institute of
Management,
Indore

TEAM HARMONY

+92%
REPORTED IMPROVED
COMMUNICATION

Stronger
bonds at
work

University of Oslo,
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Explore Research on Sudarshan Kriya Yoga (SKY)

MIND

1. SKY & Stress
 2. SKY & Anxiety & Depression
 3. SKY & Sleep
-

BODY

4. SKY & Breath / Lungs
5. SKY & Heart
6. SKY & Brain
7. SKY & Vagus Nerve
8. SKY & Diabetes
9. SKY & Cancer
10. SKY & Genes
11. SKY & Biomarkers

SOCIETY

12. SKY & Youth
 13. SKY & Women
 14. SKY & At-risk Communities
-

SKY & Mental Health





SKY & Stress

MIND

1. Stress

2. Anxiety & Depression

3. Sleep

4. Breath / Lungs

5. Heart

6. Brain

7. Vagus Nerve

8. Diabetes

9. Cancer

10. Gene Expression

11. Biomarkers

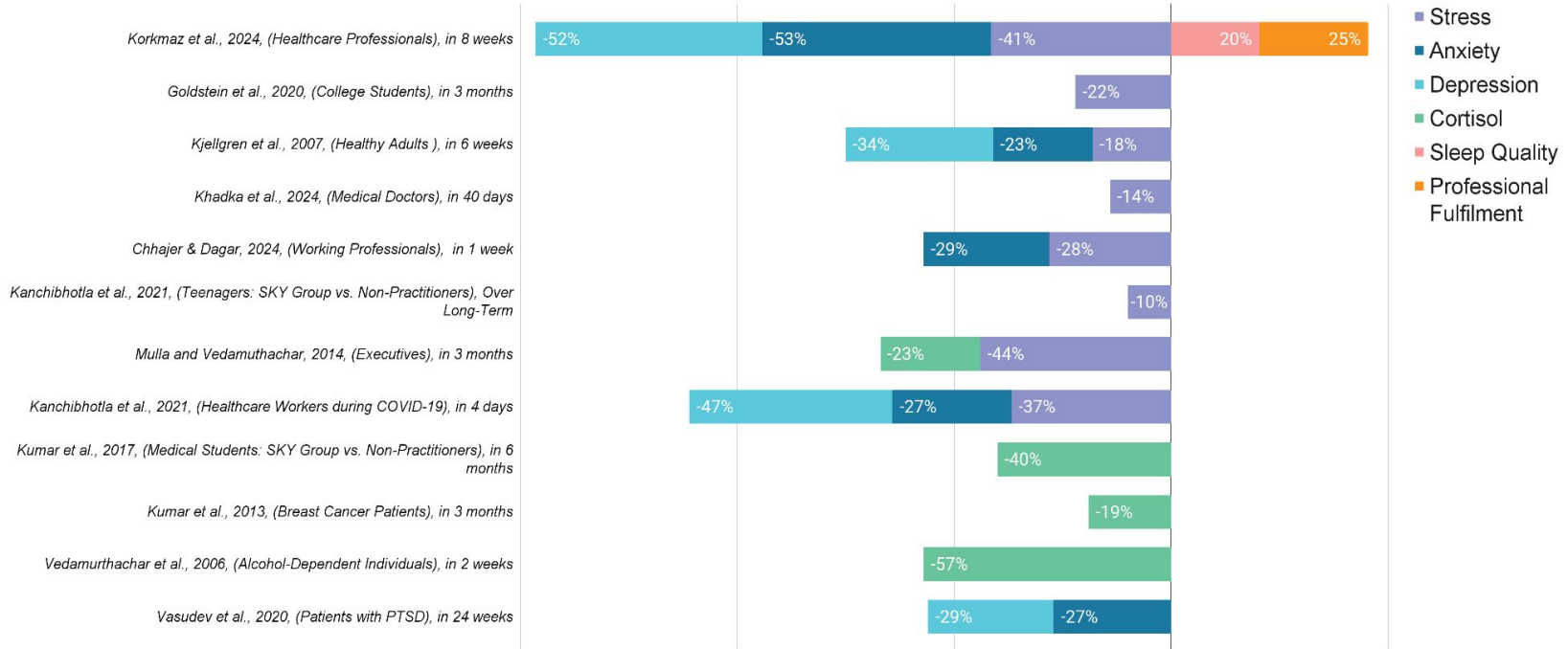
12. Youth

13. Women

14. At-risk Communities



SKY: Enhances Mental Well-Being Across Population





Pop Quiz: SKY and Stress

In your experience, if managers in a high-pressure corporate job take up a the SKY breathwork program for just one week, how much stress reduction would you realistically expect?

A: Around 5–10%

B: Around 15–20%

C: Around 25–30%

D: Around 40%+



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D: Around 40%+



SKY Reduces Stress and Anxiety at Work



Study with 64 Managers in a Manufacturing Firm

SKY Group: In 1 Week

28% reduced stress in managers

29% reduced anxiety levels

Enhanced emotional and social well-being

Greater thriving and general health

*Chhajer & Dagar, 2024
Indian Institute of Management Indore
XLRI – Xavier School of Management, Jamshedpur
Frontiers in Psychology*





SKY Reduces Workplace Stress

Study with 72 Executives

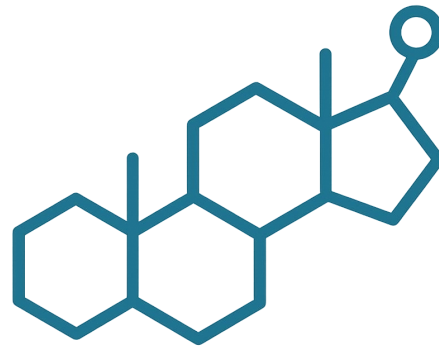
SKY Group: In 3 months

- **23%** reduced cortisol
- **44%** reduced stress

Greater emotional stability and work-life balance

Mulla and Vedamuthachar, 2014
Tata Institute of Social Sciences, Mumbai, India
Management and Labour Studies

REDUCED CORTISOL
the stress hormone





Pop Quiz: SKY and Healthcare Professionals

Healthcare professionals are often under intense stress. Which area do you think improves the most when they practice SKY?

A: Stress levels

B: Anxiety & Depression

C: Professional fulfillment

D: All of the above



Pop Quiz: SKY and Healthcare Professionals

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A: Stress levels

B: Anxiety & Depression

C: Professional fulfillment

D: All of the above



Frontline Resilience: SKY's Transformative Impact



Study with 129 Physicians

SKY Group: In 8 weeks

- ↓ **41%** reduced stress scores
- ↓ **52%** reduced depression scores
- ↓ **53%** reduced anxiety scores
- ↓ **20%** reduced insomnia scores
- ↑ **25%** increased professional fulfilment scores

*Korkmaz et al., 2024
University of Health Sciences, Istanbul, Turkey
JAMA Network Open*





Frontline Resilience: SKY's Transformative Impact



Study with 803 frontline health professionals

SKY Group: In 3 days

- 94% reported reduced stress
- 92% felt communication improved
- 81% said job performance improved
- 100% would recommend to peers

*Saatcioglu et al., 2022
University of Oslo, Norway
JCO Oncology Practice*





SKY and Anxiety & Depression

MIND

1. SKY & Stress

2. SKY & Anxiety &
Depression

3. SKY & Sleep

4. SKY & Breath / Lungs

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11. SKY & Biomarkers

12. SKY & Youth

13. SKY & Women

14. SKY &
At-risk Communities



Pop Quiz: SKY and Anxiety & Depression

Globally, which of these statements about anxiety and depression do you think is true?

A: Depression accounts for about 4% of the world's total disease burden

B: Anxiety is the most common mental health disorder, affecting over 300 million

C: The economic cost of mental illness will reach \$16 trillion by 2030

D: All of the above



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D: All of the above



SKY Eases Anxiety & Depression

Study with 169 patients | UK National Health Service (NHS)

Effect of SKY: Over **4 weeks**

- ↓ **46%** reduced anxiety symptoms
- ↓ **45%** reduced depression symptoms

SKY significantly reduced anxiety and depression in NHS patients who completed the full programme.



*Hamilton-West et al., 2019
University of Kent, Canterbury, Kent, UK
Primary Health Care Research & Development*





SKY & Sleep

MIND

1. SKY & Stress

2. SKY & Anxiety &
Depression

3. SKY & Sleep

4. SKY & Breath / Lungs

5. SKY & Heart

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At-risk Communities



Pop Quiz: SKY and Sleep

Many people these days often complain of poor sleep. How much deeper do you think long-term kriya practitioners sleep compared to non-meditators?

A: Almost the same

B: 1.5× deeper

C: 3× deeper

D: 10× deeper



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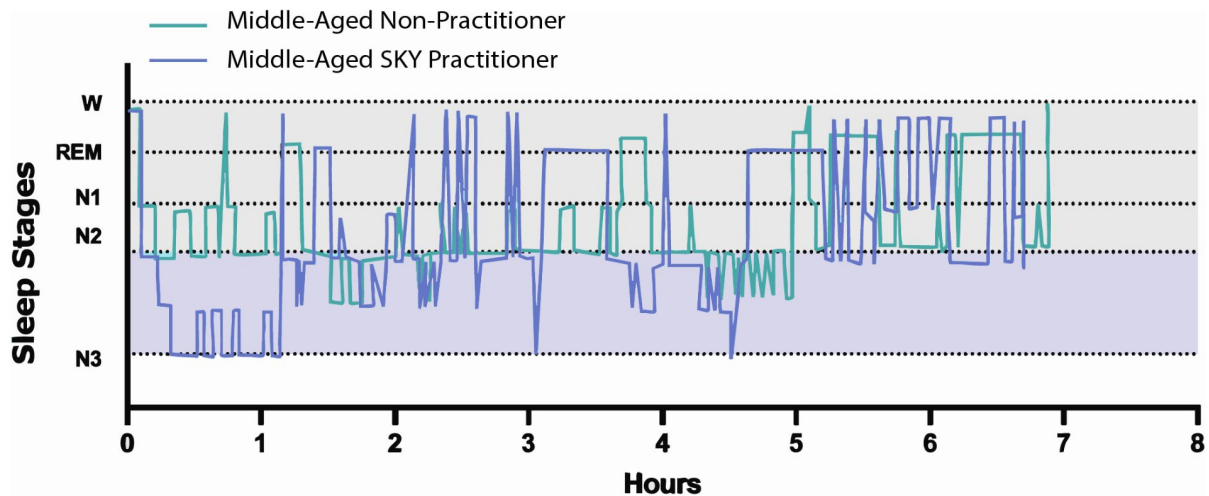
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SKY Promotes Restorative Deep Sleep



Sleep Stages Explained

- **W (Waking):** Brain active; eyes move; muscles engaged.
- **REM:** Dreaming; rapid eye movement; minimal muscle activity.
- **N1:** Light sleep; drifting sensations; muscle jerks possible.
- **N2:** Deeper sleep; slower brain waves; reduced awareness.
- **N3:** Deepest sleep; slow waves; physical restoration occurs.

Representative polysomnogram showing sleep stages in healthy age-matched non SKY practitioner (Control Group) versus SKY practitioner.

(Figure adapted from Sulekha et al., 2006)

NIMHANS, Bengaluru

Sleep and Biological Rhythms



SKY & Physical Health





SKY & Breath / Lungs

1. SKY & Stress

2. SKY & Anxiety &
Depression

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14. SKY &
At-risk Communities



Pop Quiz: SKY & Breath / Lungs

Doctors measure lung health using a test where you take a deep breath and blow out as forcefully as possible. What do you think they are measuring?

A: Blood Oxygen Levels (SpO₂) 🩸

B: Forced Vital Capacity (FVC) 🫁

C: Blood Pressure (BP) 💗

D: Heart Rate (HR) ❤️



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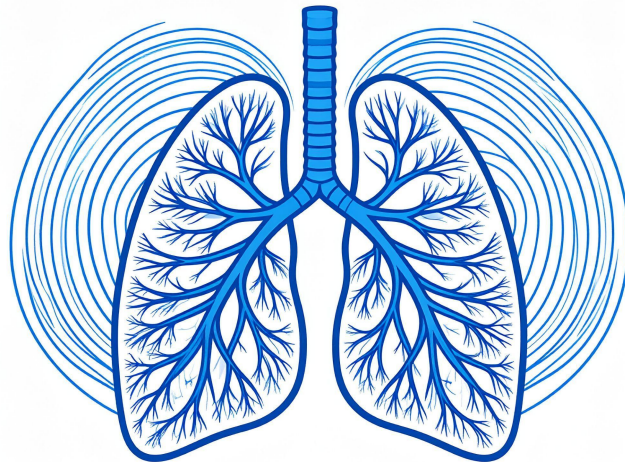
SKY: Breathe More with Every Breath

Study with 30 Medical Students

Effect of SKY in 90 days

- **12% increase** in vital capacity (FVC)
- **15% increase** in peak expiratory flow rate (PEFR)

Regular SKY practice strengthens respiratory muscles and lung capacity, improving oxygen delivery and reducing risk of obstructive respiratory conditions.



Forced Vital Capacity (FVC): Largest volume of air forcibly exhaled after maximum inhalation
Peak Expiratory Flow Rate (PEFR): Maximum speed of air exhaled from lungs

Ahmad et al., 2016
Hind Institute of Medical Sciences, Uttar Pradesh, India
Indian Journal of Basic and Applied Medical Research





SKY Aids Altitude Adaptation

Study with **29 healthy participants**

Effect of 4-Day SKY Programme at High Altitude

- **71% reduction** in acute mountain sickness symptoms
- Improved mental well-being and lipid profile
- Trend toward lower anxiety

SKY practice aids physiological and psychological adaptation to high altitudes - useful for **trekkers, mountaineers, and military personnel**.



Gupta et al., 2022

Swami Vivekananda Yoga Anushandhan Samsthan University
Sri Sri Institute for Advanced Research, Bengaluru, India
Journal of Neurosciences in Rural Practice





SKY & Heart

1. SKY & Stress

2. SKY & Anxiety &
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14. SKY &
At-risk Communities



Pop Quiz: SKY and Heart

In a **healthy adult**, what does it usually mean if their **resting heart rate drops** after a relaxation or breathing practice like SKY?

A: Their heart is getting weaker

B: Their body is going into 'fight-or-flight' mode

C: Their body is shifting into a restful, less-stressed state

D: It has no meaningful physiological significance



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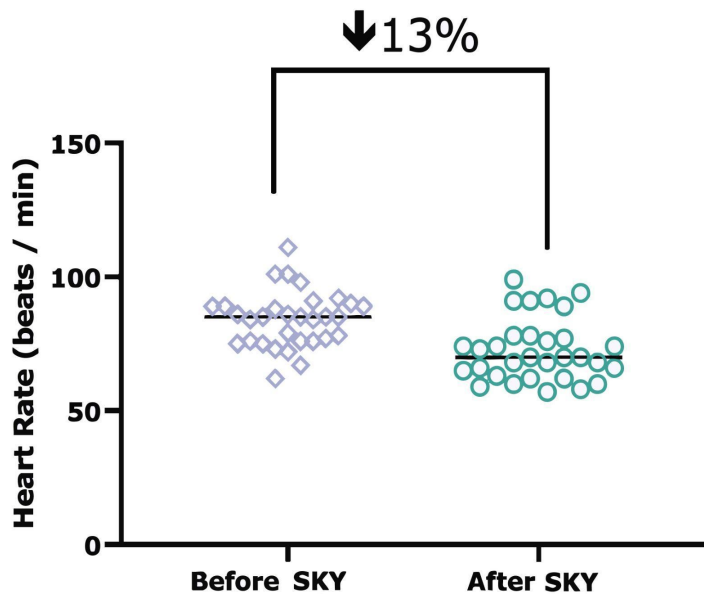
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SKY: Offers a Natural Way to Lower Stress & Heart Rate



Study with 30 Healthy Adults

Effect of a single SKY session

- 13% reduced heart rate
- 8% reduced sympathetic activity
- 14% increased parasympathetic activity
- 18% improved sympathovagal balance

Normal resting heart rate in healthy adults = 60 and 100 beats per minute.

Bhaskar et al, 2017

SSIAR, Bengaluru, AIIMS, New Delhi

Journal of Alternative and Complementary Medicine





SKY & Brain

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Pop Quiz: SKY and Brain

When someone practices Sudarshan Kriya, which brain state do you think is most likely to dominate? (Multiple Choice)

A: Calm Alpha waves (like relaxation)

B: Fast Beta waves (alert thinking)

C: Slow Delta waves (deep sleep-like)

D: Dream-like Theta waves (internal focus)



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SKY Reveals a State Beyond Wakefulness and Sleep



EEG study with **43 experienced practitioners**

Effect of SKY in a single session

- **↑ Theta waves** → focused internal attention (during kriya breathing)
- **↑ Delta waves** → profound rest, and deep meditative state (during yoga nidra / rest)
- **↓ Alpha waves** → shift to deep absorption (during yoga nidra / rest)

EEG study reveals slower brain activity, unlike sleep - a distinct **'restful awareness' profile** described in ancient yogic texts as **'turiya'**

Tripathi et al., 2025

IIT Gandhinagar, India, Harvard University

Nature Partner Journal - Mental Health Research





SKY & Vagus Nerve

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Pop Quiz: Vagal Tone and Stress Response

The vagus nerve is the longest cranial nerve that runs centrally from the brainstem to the heart, lungs, and gut. If someone has **stronger vagal tone**, what would that most likely mean for their stress response?

A: Their heart races faster under stress

B: Their body calms down more quickly after stress

C: They feel more anxious during challenges

D: Their digestion and breathing shut down during stress



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Pop Quiz 2: Heart Rate Variability

Researchers often measure vagal tone using something called heart rate variability (HRV). Which of these do you think best describes what high HRV means?

A: The heart beats like a metronome - perfectly even, no variation

B: The time between heartbeats changes flexibly with breathing and activity

C: The heart rate is consistently slow

D: The heart rate jumps randomly with no pattern



Pop Quiz 2: Heart Rate Variability

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SKY and Vagal Tone: Enhanced Stress Resilience

11 Young Adults

Effect of SKY: Trend in 4 weeks

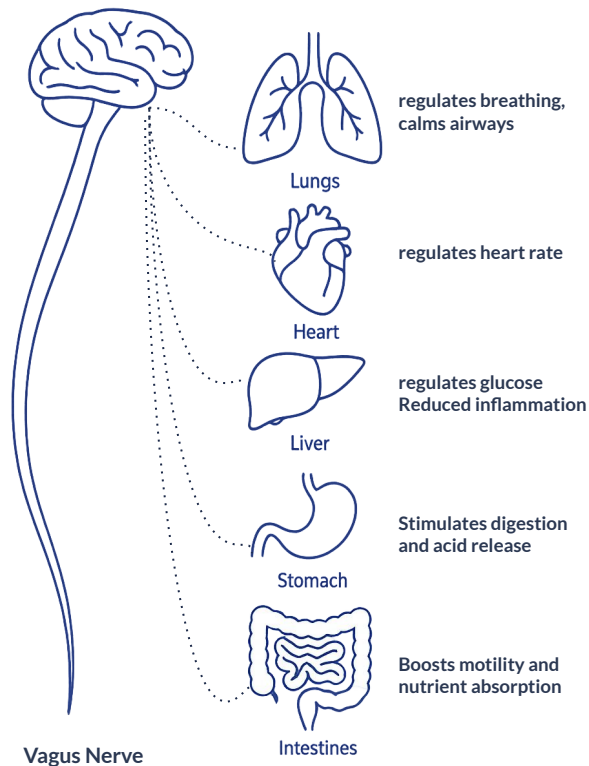
- ↑ **48% increased heart rate recovery**
- ↑ Increased **vagal tone**
- ↑ Increased **autonomic regulation** after stress

Goldstein et al., 2016

University of Arizona, AZ, USA

UNC Chapel Hill, NC, USA

International Journal of Yoga





SKY & Diabetes

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Depression

3. SKY & Sleep

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14. SKY &
At-risk Communities



Pop Quiz: SKY and Diabetes

In people with Type 2 Diabetes, doctors usually prescribe diet + medication. If they also practise Sudarshan Kriya for 4 months, which health measure do you think showed the biggest improvement?

A: Fasting blood sugar

B: Cholesterol

C: Triglycerides

D: All improved almost equally



Pop Quiz: SKY and Diabetes

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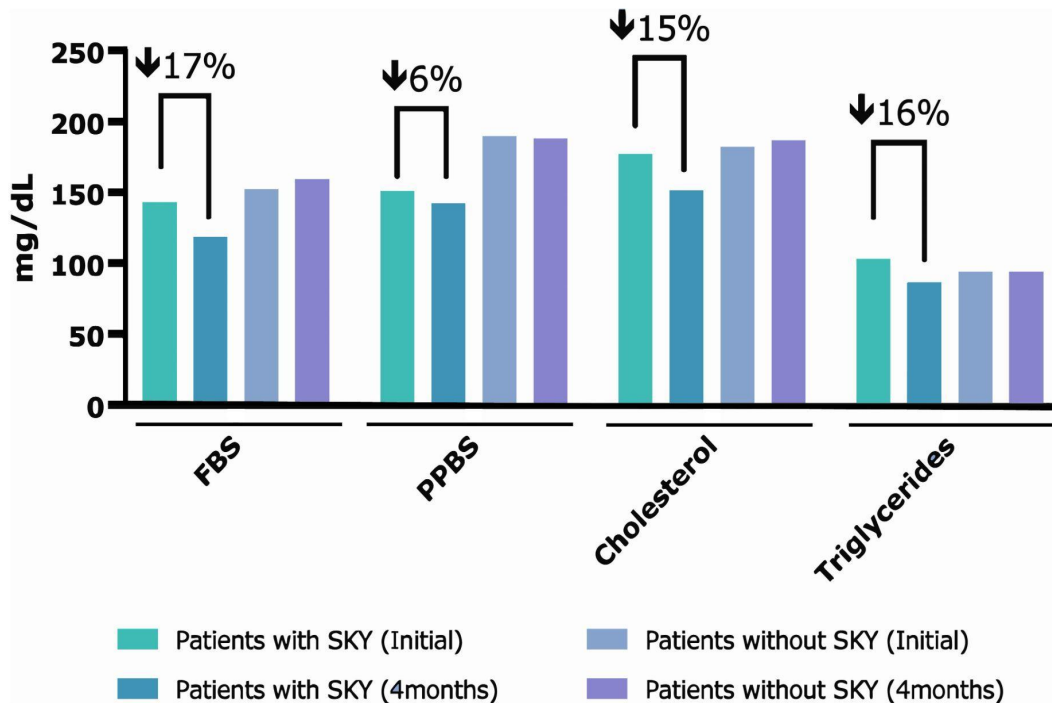
B: Cholesterol

C: Triglycerides

D: All improved almost equally



SKY: Improves Glycemic Control and Lipid Profiles



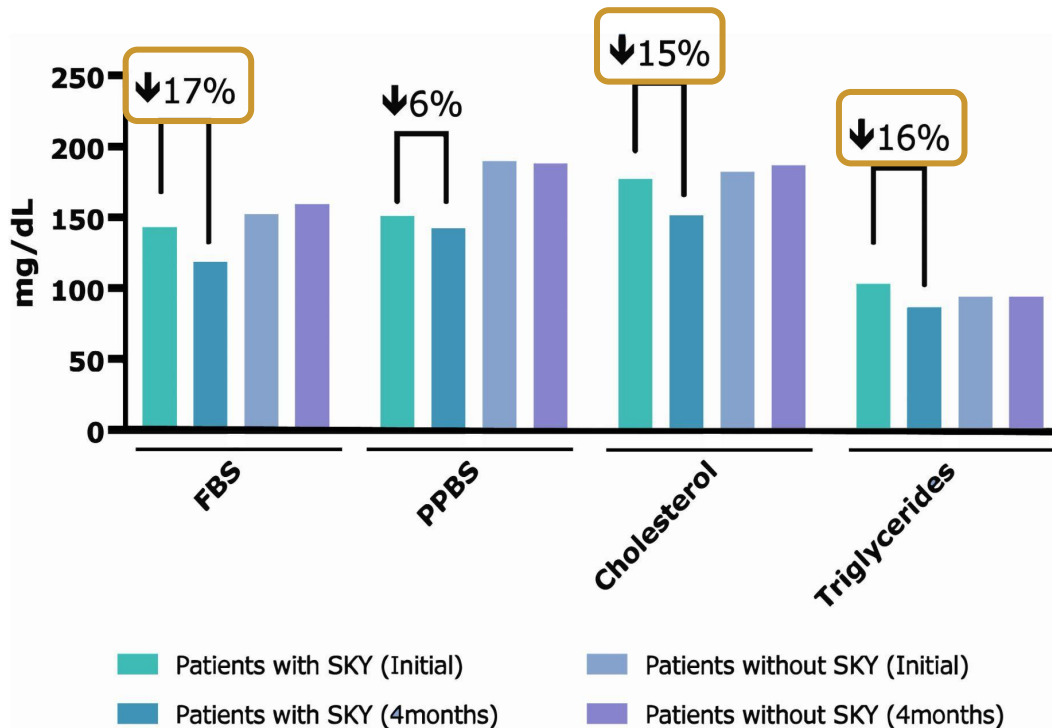
Effect of SKY on Glucose Tolerance and Lipid Profile in patients with T2D with and without SKY treatments, before and after 4 months intervention

*Agte and Tarwadi, 2004
Agharkar Research Institute, Pune
Alternative & Complementary Therapies*





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Pop Quiz: SKY and Cancer

Cancer treatment today is not just about chemotherapy and radiation. What do you think research shows can help improve patients' quality of life alongside standard care?

A: Yoga and breathing practices

B: Nutrition counseling

C: Psychosocial support

D: All of the above



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SKY Supports Palliative Care in Breast Cancer

Study with 147 breast cancer patients

SKY Group: In 3 months

- **19%** reduction in cortisol levels
- **2-3 point** reduction in pain intensity

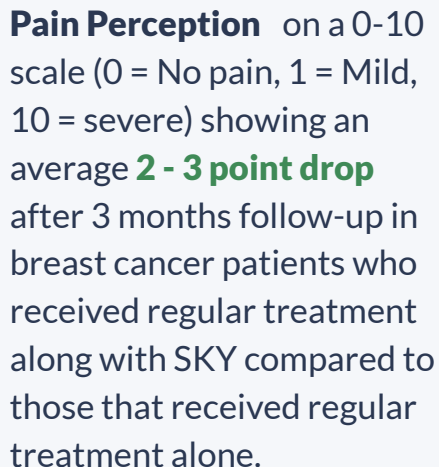
SKY significantly reduced stress hormone levels and pain in women with advanced breast cancer, supporting its role in palliative care.



Kumar et al., 2013

Indian Council of Medical Research (ICMR)
All India Institute of Medical Sciences, New Delhi, India
Indian Journal of Palliative Care





(Figure adapted from
Kumar et al., 2013)
AIIMS, New Delhi
Indian Journal of Palliative Care



SKY & Gene Expression

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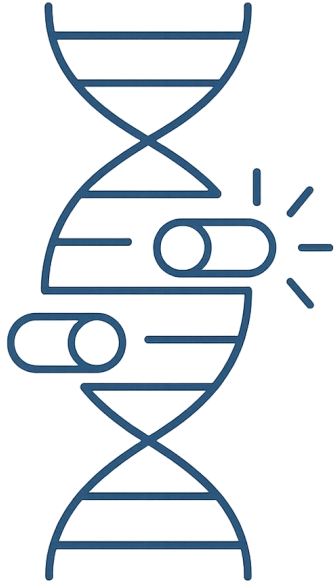
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What is Gene Expression?



Every cell has the **same DNA** - our body's instruction manual.

Genes are like chapters in this manual, and not all are read at once.

The '**switching on or off**' of genes, called **gene expression**, shapes everything from immunity to stress resilience.





Pop Quiz

In the Oslo study, researchers tested a single session of SKY against other relaxing activities like music and nature walks. Which do you think showed the biggest change in gene activity after just one session?

A: Music

B: Nature walk

C: Sudarshan Kriya (SKY)

D: All were about the same



Pop Quiz

In the Oslo study, researchers tested a single session of SKY against other relaxing activities like music and nature walks. Which do you think showed the biggest change in gene activity after just one session?

A: Music

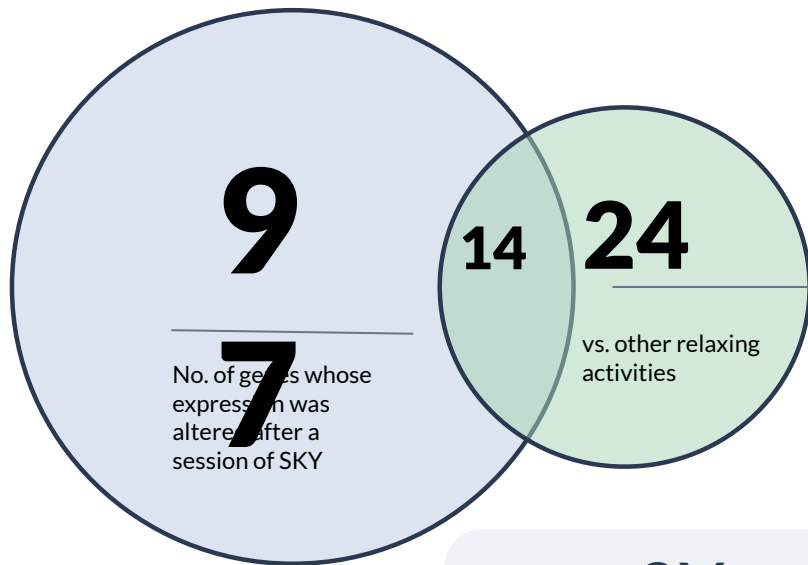
B: Nature walk

C: Sudarshan Kriya (SKY)

D: All were about the same



SKY: Supports Rapid Changes in Gene Expression



↑ **3X**
altered gene expression with SKY
compared with other relaxing
activities like music, nature walk

A single session of SKY rapidly changes the activity of **111 genes**, far exceeding the effects of relaxation activities like music or nature walks on immune and cellular health.

(Figure adapted from Qu, S., et al., 2013)
University of Oslo, Oslo, Norway
PLoS One.





Rapid Molecular Shifts Emerge Immediately and Evolve Distinctly with Continued Practice

Pilot Study with **16 Healthy Adults**

SKY Group: Over 30 days

175 differentially expressed genes (DEGs)
immediately after SKY

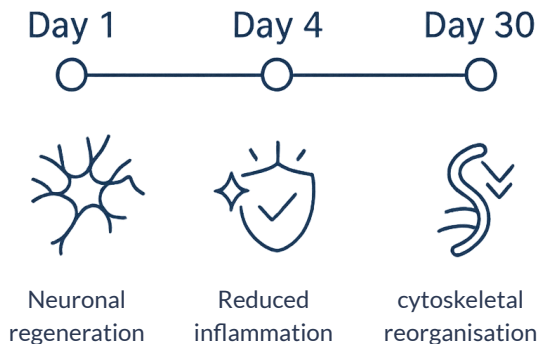
(linked to neuronal regeneration, cancer resistance,
reduced inflammation)

44 DEGs after 30 days of practice

(linked to cytoskeletal reorganisation)

Minimal overlap between immediate and long-term
changes

Indicates distinct molecular responses at each stage



Distinct genes regulated at each stage

Mony et al., 2025.

Sri Sri Institute for Advanced Research, Karnataka, India;
Brain, Behavior and Immunity Integrative



SKY and Biomarkers

1. SKY & Stress

2. SKY & Anxiety &
Depression

3. SKY & Sleep

BODY

4. SKY & Breath / Lungs

5. SKY & Heart

6. SKY & Brain

7. SKY & Vagus Nerve

8. SKY & Diabetes

9. SKY & Cancer

10. SKY & Genes

11. SKY & Biomarkers

12. SKY & Youth

13. SKY & Women

14. SKY &
At-risk Communities



SKY Reduces Workplace Stress

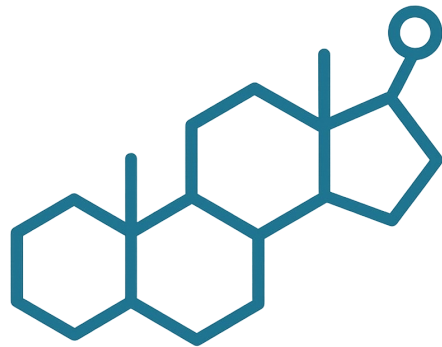
Study with **72 Executives**

SKY Group: In 3 months

- **23%** reduced cortisol
- **44%** reduced stress

Greater emotional stability and work-life balance

REDUCED CORTISOL
the stress hormone



*Mulla and Vedomuthachar, 2014
Tata Institute of Social Sciences, Mumbai, India
Management and Labour Studies*





SKY Lowers Stress in Alcohol Dependence

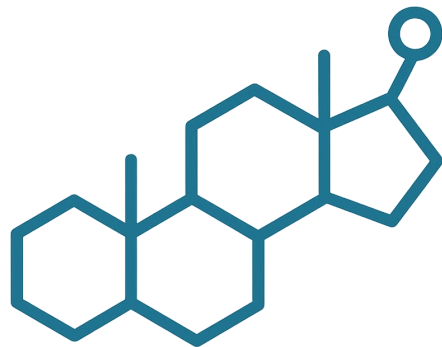
Study with **60** alcohol-dependent individuals

SKY Group: In 2 weeks

- **57% reduction** in cortisol levels
- **33% reduction** in ACTH levels
- **76% reduction** in depression scores

SKY significantly reduced depression and stress-hormone levels, suggesting a safe, effective adjunct for alcohol dependence treatment.

REDUCED CORTISOL
the stress hormone



Vedamurthachar et al., 2006
NIMHANS, Bengaluru, India
Journal of Affective Disorders





SKY Supports Palliative Care in Breast Cancer

Study with 147 breast cancer patients

SKY Group: In 3 months

- **19%** reduction in cortisol levels
- **2–3** point reduction in pain intensity

SKY significantly reduced stress hormone levels and pain in women with advanced breast cancer, supporting its role in palliative care.



Kumar et al., 2013

Indian Council of Medical Research (ICMR)
All India Institute of Medical Sciences, New Delhi, India
Indian Journal of Palliative Care





SKY Eases Menopausal Symptoms

Study with 190 Menopausal Women

SKY Group: In 30 days

- **212%** increased superoxide dismutase (SOD)
- **112%** improved plasma glutathione peroxidase (GPx)
- **66%** reduced malondialdehyde (MDA)

SKY significantly improved antioxidant enzyme levels, helping reduce cellular stress in menopausal women. This can contribute to better long-term health and quality of life.



Geetha et al., 2014
Dhanalakshmi Srinivasan Medical College and Hospital, Perambalur,
Tamil-nadu, India
Bangalore Medical College and RI, Bangalore, India
JIPMER, Pondicherry, India
Biomedical Research





SKY Boosts Antioxidants Defence

Study with 24 Police Trainees

SKY Practitioners vs. Non-Practitioners: In 5 months

- **4x higher glutathione** levels in practitioners
- **52% higher catalase** activity
- **71% lower blood lactate** levels
- **2.6x higher superoxide dismutase (SOD)**

Regular SKY practice improved antioxidant status and reduced oxidative stress, suggesting enhanced cellular health and DNA protection in high-stress professionals.



Sharma et al., 2003
All India Institute of Medical Sciences, New Delhi, India
Biological Psychology



SKY and Social Health





SKY & Youth

1. SKY & Stress

2. SKY & Anxiety &
Depression

3. SKY & Sleep

4. SKY & Breath / Lungs

5. SKY & Heart

6. SKY & Brain

7. SKY & Vagus Nerve

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11. SKY & Biomarkers

SOCIETY

12. SKY & Youth

13. SKY & Women

14. SKY &
At-risk Communities



Audience Poll: The Missing Subject in School

In schools we teach maths, science, and history... but which life skill do you feel is least taught, yet most needed?

A: Managing stress

B: Emotional regulation

C: Building confidence & self-esteem

D: Focus & concentration



Audience Poll: The Missing Subject in School

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YES! Reduces Impulsive Behaviour

Study with **445 High School Students**

YES! Group: In 4 Weeks

- Reduced impulsive behaviour in daily life
- Improved planning and reduced acting without thinking

YES! can help protect adolescents from substance misuse and other high-risk behaviours linked to impulsivity.



Ghahremani et al., 2013

University of California Los Angeles (UCLA), California, USA

Journal of Adolescent Health





SKY Improves Self-Esteem and Focus in Young Adults

Study with **59 Public School Students** from New York

SKY Group: In 5 days

- **8%** increase in self-esteem
- **19%** reduction in distractibility
- Improved ability to cope with anger
- Decreased aggression and impulsivity
- Increased planning, concentration, and identity formation

SKY calms the stress response and supports better emotional regulation in adolescents.



Newman et al., 2020

International Association for Human Values, Washington DC, USA

International Journal of Yoga





SKY Builds Emotional Resilience in Teens

Study with **79 Eighth Graders** in the United States

SKY Group: In 3 Months

- **11%** increase in planning and concentration
- **9%** increase in identity formation
- **8%** decrease in belief in aggression as a solution

SKY enhanced emotional and cognitive skills, supporting resilience and positive youth development in adolescents.



Newman et al., 2024

International Association for Human Values, Washington DC, USA;
Nova Southeastern University, Florida, USA; University of Toronto, Canada;
Stanford University, USA
Journal of Adolescence





SKY Reduces Stress and Fosters Social Connections

Study with 21 seventh-graders in the US
Effect of SKY Schools programme at 10-month follow-up

- **23% lower cortisol** at follow-up
- **18% higher oxytocin** post-intervention
- Fewer poor mental health days reported

SKY can reduce stress and improve social connection in adolescents, even with limited school resources.



Rovnaghi et al., 2025

Stanford University School of Medicine, California, USA
Comprehensive Psychoneuroendocrinology





Pop Quiz: SKY Campus and Youth

Among university students today, which mental health challenge do you think is the most common?

A: Stress & burnout

B: Depression

C: Anxiety

D: Loneliness & lack of social connection



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A: Stress & burnout

B: Depression

C: Anxiety

D: Loneliness & lack of social connection



SKY Boosts Student Mental Health

Study with 131 University Students in the US

SKY Group vs. Two Well-Being Interventions: In 8 weeks

- SKY reduced depression and stress
- SKY improved mental health and mindfulness
- SKY boosted positive emotions and social connection

Compared to two other interventions, SKY produced the broadest benefits across six key wellbeing outcomes, offering a scalable support for student mental health.



*Seppälä et al., 2020
Yale University, Connecticut, USA
Stanford University, California, USA
Frontiers in Psychiatry*





YES!+ Boosts Student Well-Being

Effect of YES!+ in 4 weeks

Open Trial 1

17 University Students

- **41%** reduced depression
- **34%** lower perceived stress
- **16%** higher social connectedness and life satisfaction

Open Trial 2

29 Young Adults

- **13%** improved positive emotions
- Better emotional regulation and faster emotional recovery



YES!+ reduces stress and depression, while improving emotional balance, connection, and life satisfaction in young adults.

Goldstein et al., 2016
University of Arizona, Arizona, USA
Frontiers in Psychology





SKY Boosts Wellness in Trainee Counsellors

Study with 42, Master's Counselling Students

SKY Group: Over 1 Month

- 9% boost in overall wellness in 3 days
- Improved problem-solving abilities
- Enhanced stress coping skills
- Boosted self-esteem and meaning

SKY enhances trainee counsellors' wellness, reducing stress and building confidence with lasting effects in just one month.

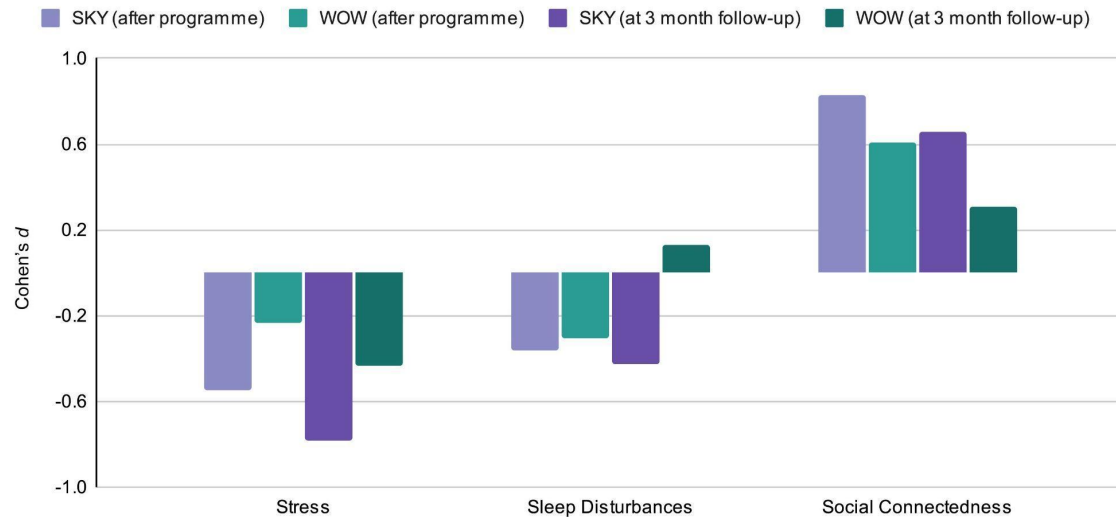


*Liu et al., 2025
California State University, Fresno, California, USA
Counselor Education and Supervision*





From Stress to Strength: SKY Empowers Youth



69 College Students SKY supersedes Wisdom On Wellness (WOW)

- Large reductions in stress with SKY - immediately and over 3 months
- Trend level improvement in sleep
- Improved social connectedness

Goldstein et al., 2020

University of Arizona, USA

Harvard Medical School, USA

University of Memphis, USA

Journal of American College Health





Utkarsha Yoga: Enhances Mental Clarity and Emotional Stability

Study with **420 children** (ages 8–13)

Effect of Utkarsha Yoga in 4 days, with follow-up at 40 days

- **27%** higher cognitive abilities (focus and clarity)
- **56%** reduced incidence of stress
- **15%** increased mental well-being

Utkarsha Yoga improved cognition, reduced stress, and enhanced emotional well-being in children.



Kanchibhotla and Subramanian, 2021

Sri Sri Institute for Advanced Research, Bengaluru, India
Indian Journal of Youth and Adolescent Health





SKY & Women

1. SKY & Stress

2. SKY & Anxiety &
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4. SKY & Breath / Lungs

5. SKY & Heart

6. SKY & Brain

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At-risk Communities



Pop Quiz: SKY and Women

Women often experience hormonal fluctuations that impact mood and energy. How many women worldwide face **severe PMS or menopausal symptoms**?

A. 1 in 10

B. 1 in 5

C. 1 in 3

D. 1 in 2



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SKY Eases Menopausal Symptoms

Study with 65 menopausal women aged 40–50

SKY Group: After 1 year

- 15% fewer hot flushes and night sweats
- 13% fewer psychosocial symptoms (sleep, anxiety, depression, memory)
- 14% fewer physical symptoms (muscle aches, joint pain)
- 72% increase in antioxidant superoxide dismutase (SOD)
- 21% increase in antioxidant glutathione peroxidase (GPx)

SKY provides a non-hormonal, lifestyle-based approach to ease menopausal symptoms and enhance well-being.



Swain et al., 2021

*All India Institute of Medical Sciences (AIIMS), Bhubaneswar, Odisha,
India*

Journal of Obstetrics and Gynaecology Research





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Geetha et al., 2014

Dhanalakshmi Srinivasan Medical College and Hospital, Perambalur,
Tamil-nadu, India
Bangalore Medical College and RI, Bangalore, India
JIPMER, Pondicherry, India
Biomedical Research





Pop Quiz: SKY and Breast Cancer

For women undergoing breast cancer treatment, which area of care do you think is often most overlooked but deeply impacts recovery and quality of life?

A. Pain management

B. Emotional wellbeing

C. Spiritual support

D. All of the above



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Kumar et al., 2013

Indian Council of Medical Research (ICMR)

All India Institute of Medical Sciences, New Delhi, India

Indian Journal of Palliative Care





SKY Supports Emotional Well-Being in Breast Cancer

Study with 12 breast cancer patients

Effect of SKY in 5 weeks

- Improved emotional well-being and body image
- Greater self-esteem and empowerment
- Increased life appreciation and gratitude
- Strengthened spiritual connection and meaning

SKY supports psychological healing and spiritual growth in women coping with cancer-related distress.



Warner and Wall, 2012
Stanford University, USA
Psychology of Cancer





SKY & PTSD

1. SKY & Stress

2. SKY & Anxiety &
Depression

3. SKY & Sleep

4. SKY & Breath / Lungs

5. SKY & Heart

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Pop Quiz: SKY and PTSD

PTSD (Post-Traumatic Stress Disorder) is one of the most debilitating mental health conditions. Which of these facts do you think is true?

A: PTSD affects about 1 in 3 combat veterans

B: People with PTSD are at 4× higher risk of suicide

C: Symptoms include flashbacks, nightmares, anxiety, and social withdrawal

D: All of the above



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C: Symptoms include flashbacks, nightmares, anxiety, and social withdrawal

D: All of the above



SKY Eases PTSD Symptoms in Veterans



Study with 21 veterans with PTSD

SKY Group: Over 1 year

- **29%** reduction in PTSD symptoms in 1 week
- **22%** reduction in PTSD symptoms in 1 month
- **30%** reduction in PTSD symptoms in 1 year
- **18%** reduction in anxiety at 1 year

Seppälä et al., 2014

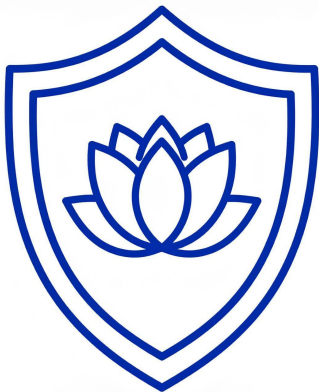
Stanford University, California, USA; University of Wisconsin-Madison, Wisconsin, USA

Journal of Traumatic Stress





Managing PTSD with SKY



Study with 85 veterans with PTSD

SKY Group: In 6 weeks

- Reduced PTSD symptoms
- Reduced depression symptoms
- Improved mood, with participants feeling more positive overall

SKY was as **effective as the Cognitive Processing Therapy (CPT)** in reducing PTSD symptoms and improving mood at 6 weeks, making it a promising option for veterans.

Bayley et al., 2022
War Related Illness and Injury Study Center, California, USA
Stanford University, California, USA
BMJ Open





A growing global evidence base

250+

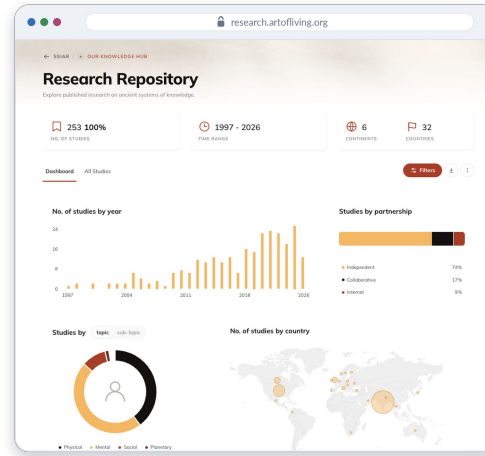
published research studies

30+

countries across 6 continents

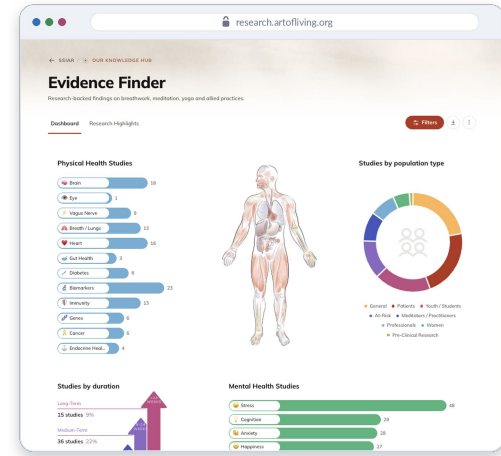
1997–2026

years of published research



Research Repository

Every published study, searchable by year, topic and country



Evidence Finder

Explore accessible research summaries on Ancient Systems of Knowledge



For the latest studies, explore the Research Repository and Evidence Finder interactively on our website.

research.artofliving.org



Thank you

Explore the evidence, share it with care, and stay in touch with our research.

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