

**Dr. Sat Bir Khalsa**

*Yoga as a Therapeutic and Preventive Intervention: The Research Evidence.  
An overview of the international scope of yoga therapy and a review of the  
research evidence base for yoga as a therapeutic intervention*

**Date: October 3, 2016**

**Time: 1330 hrs – 1415 hrs**

Although yoga is popular in the general public, because of its known benefits on psychophysiological function, it is also being applied to a large degree as a therapeutic intervention. The prevalence of this use in the public will be described as well as some of the major centres conducting yoga therapy research. We will also overview the significant body of clinical research on the benefits of yoga as a therapeutic intervention for psychological conditions, as a treatment for medical disorders, and as a preventive medicine practice for maintaining health, wellness and well-being.