

# Yoga Professionals’ Opinions about Yoga in Healthcare

STANFORD PSYCHIATRY AND YOGA ALLIANCE

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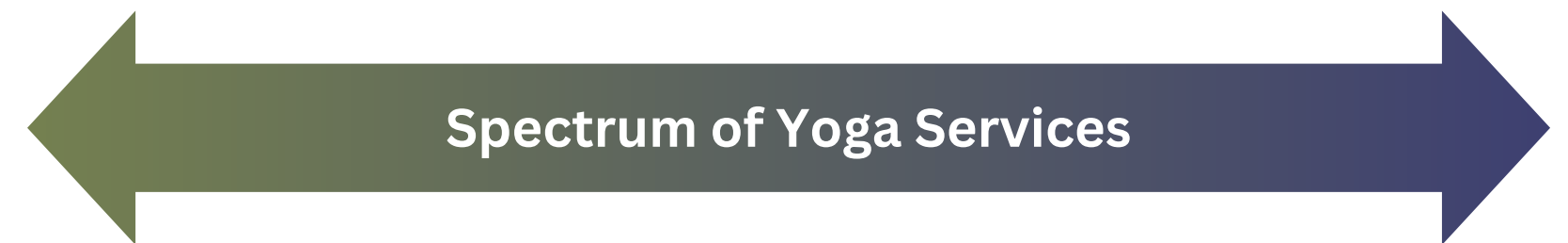
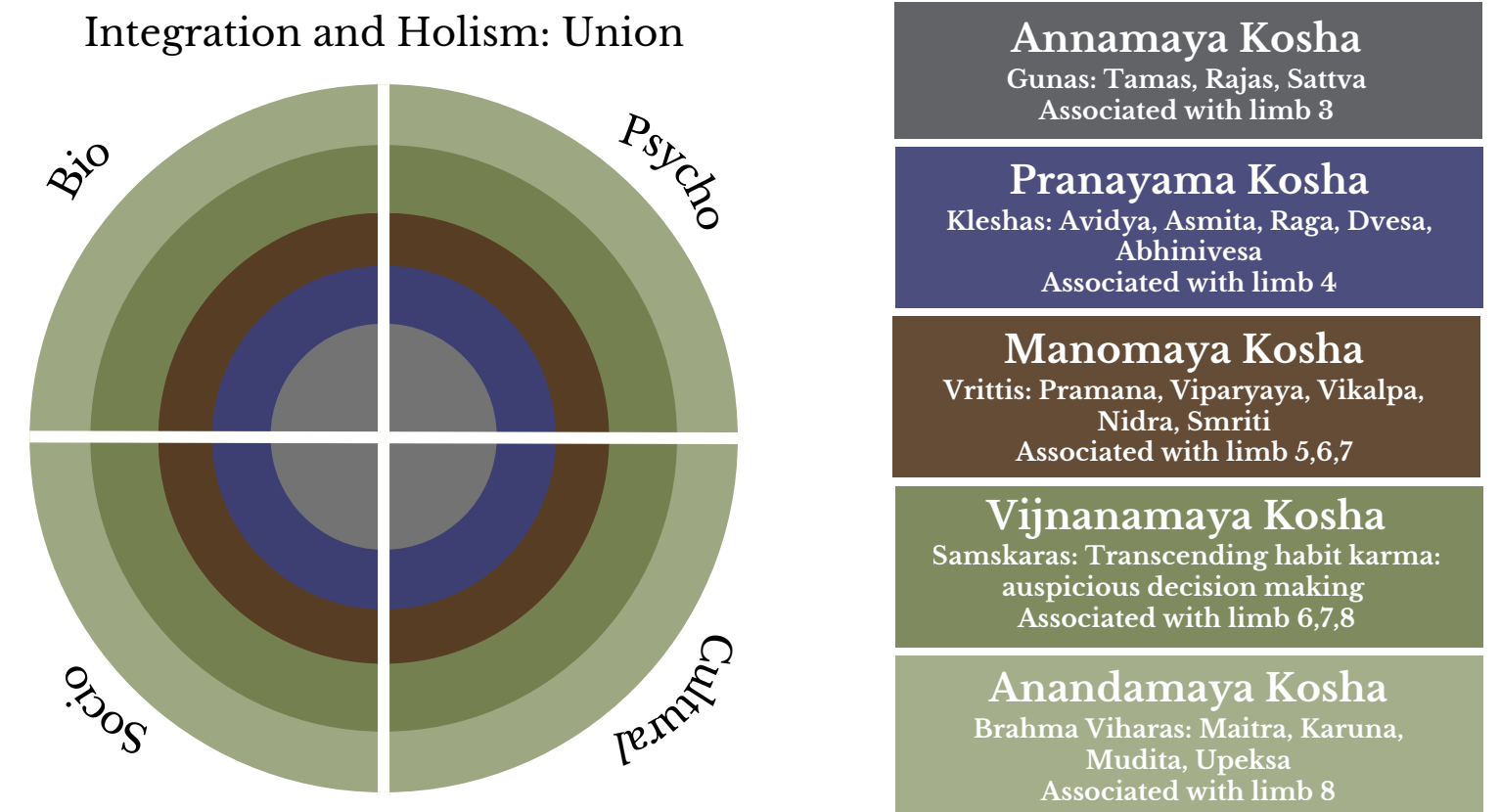
Head of Social Impact, Yoga Alliance



# RESEARCH COLLABORATION

- YogaX is a Special initiative in the Department of Psychiatry and Behavioral Sciences in the School of Medicine at Stanford University
- Integrating Yoga in Healthcare and Community Health Settings
- Integrated holistic yoga paradigm that is accessible, intentional, and beneficial
- Less about the medicalization of Yoga than the Yogafication of the healthcare system
- The purpose of this collaboration is to support Yoga professionals and the individuals and communities they serve

## YOGAX SCIENCE MEETS SOUL

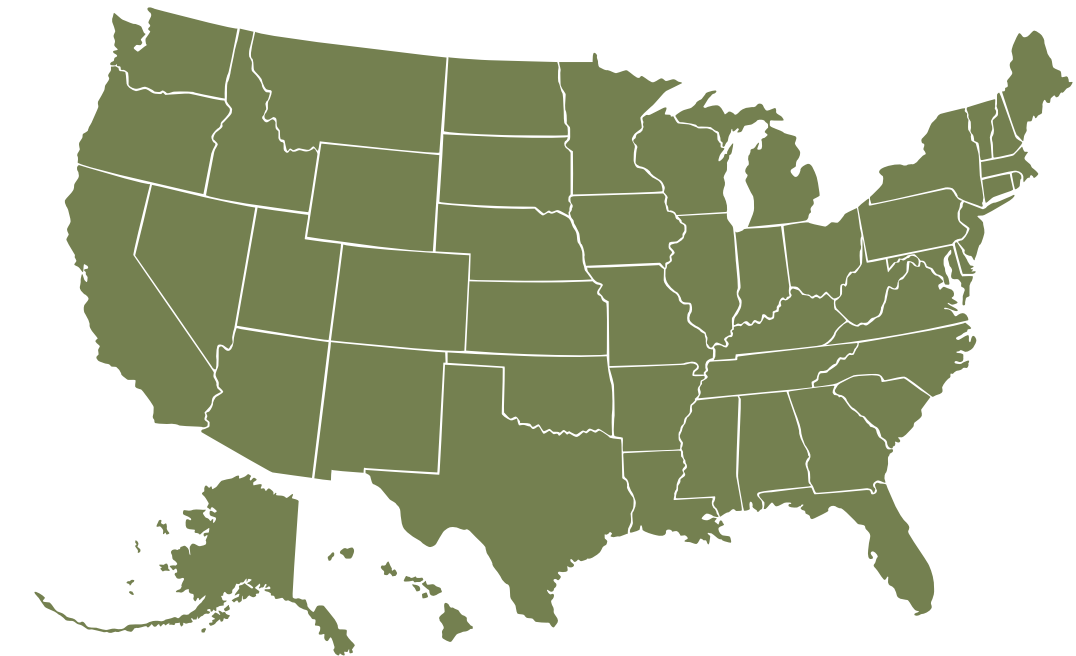


Yoga Teaching | Therapeutic Yoga | Yoga Therapeutics | Yoga Therapy

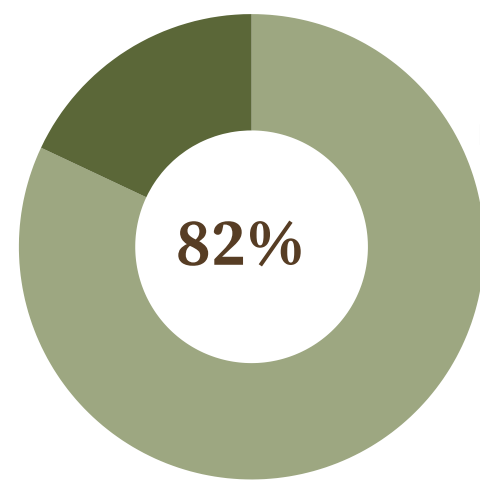
# PARTICIPANTS

## From Previous Community Conversations

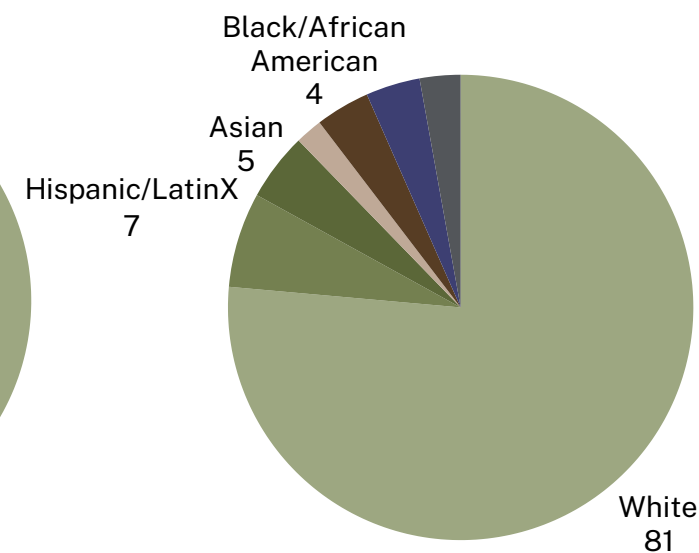
- 1,877 respondents representing 49 U.S. states (all except ND), D.C., and Puerto Rico
- Extensive yoga experience:
  - Mean years of yoga practice: ~19.7 years
  - Mean years of teaching experience: ~8.1 years
- Substantial healthcare representation: 28% of respondents were licensed healthcare professionals



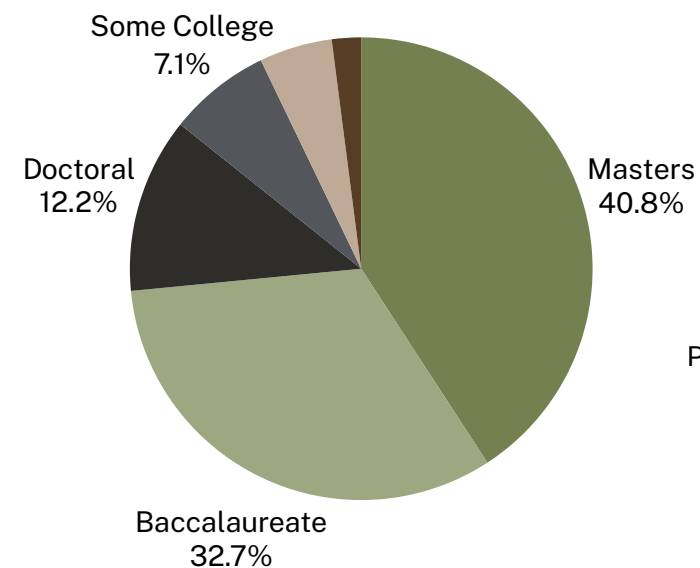
### Cis-Gender Women



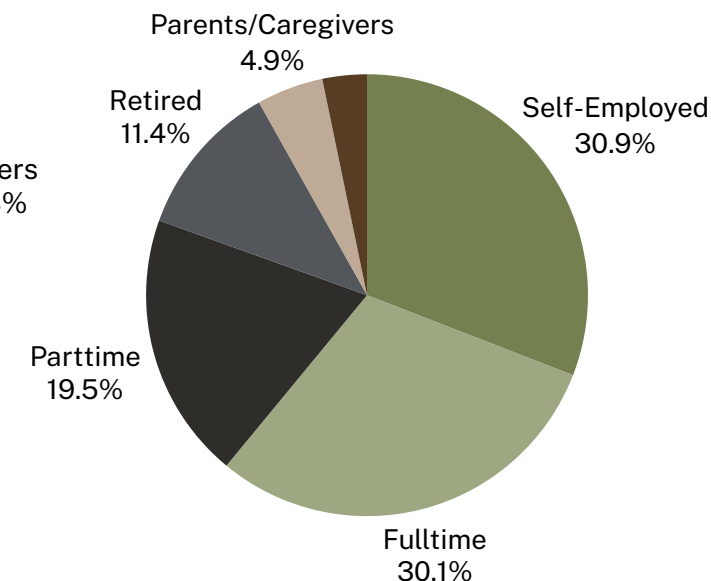
### Race



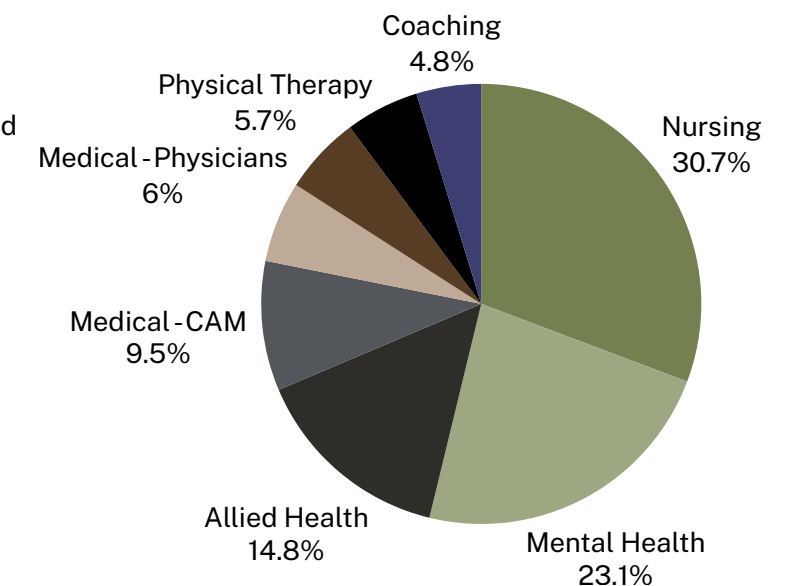
### Education



### Employment

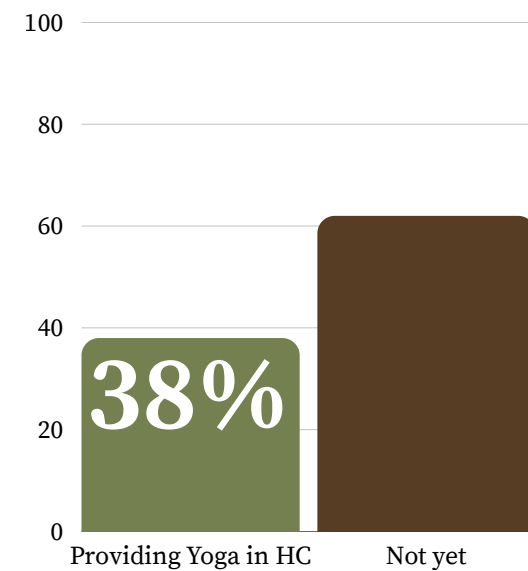


### Healthcare Profession

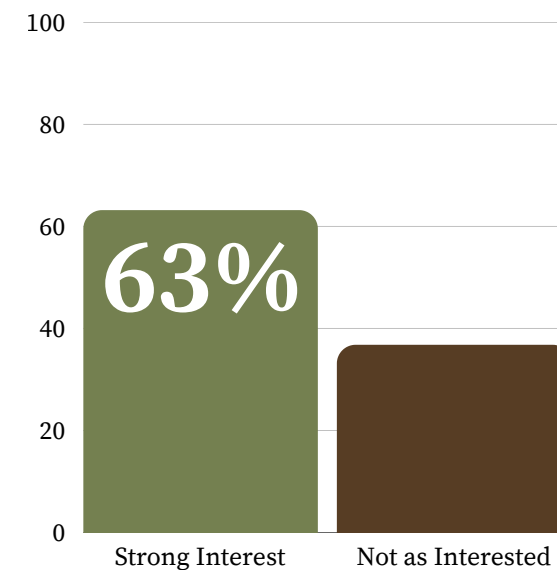


# PREVIOUS COMMUNITY CONVERSATION REVIEW

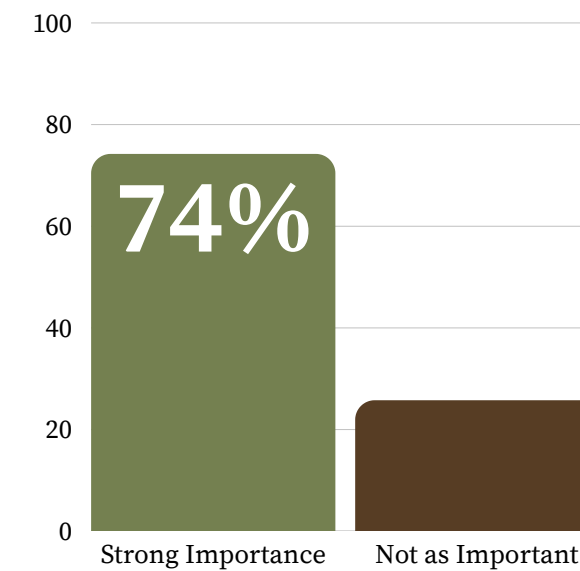
Already Providing Yoga in Healthcare Settings



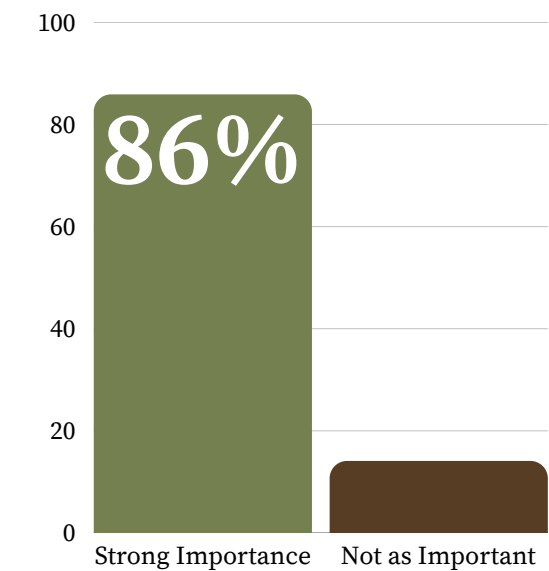
Personal Interest in Providing Yoga in Healthcare



Importance of Specialized Training for Yoga in Healthcare  
Average Rating:



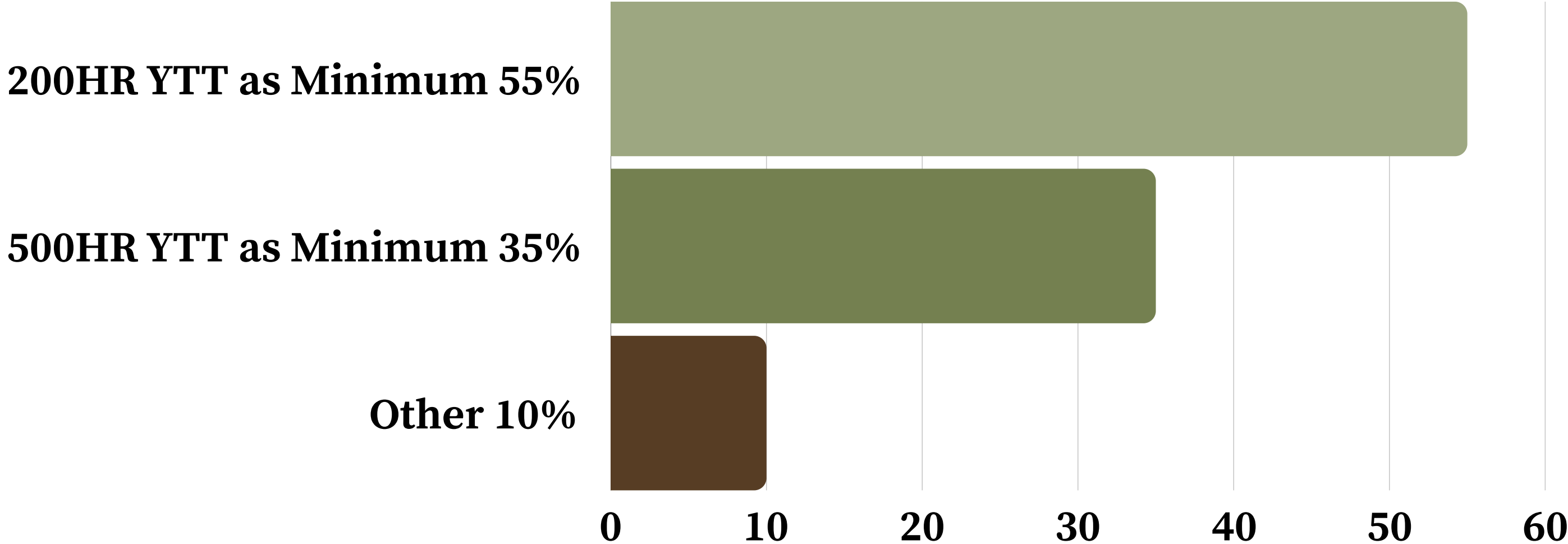
Importance of Making Yoga Available in Healthcare



- Out of 1,877 yoga professionals, **726 (~40%) reported that they have already provided yoga in healthcare settings.** These 726 respondents have on average 22.2 years of yoga practice and 11.8 years of teaching experience.
- Many respondents expressed personal interest in pursuing specialized training should it become available
- Individuals who had provided yoga in healthcare gave the highest endorsement of training and credentials
- Strong consensus on the importance of making Yoga available in Healthcare

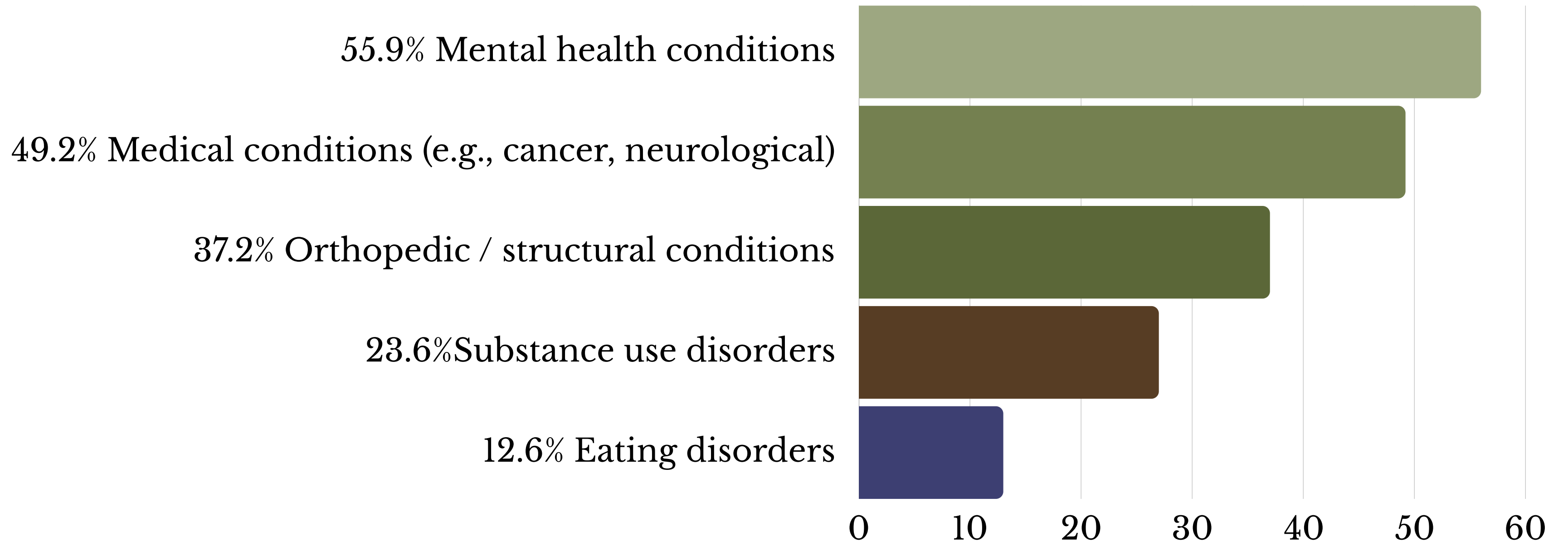
# TRAINING FOR YOGA IN HEALTHCARE SETTINGS

## 200-Hour Yoga Training as Minimum Level of Required Training for Yoga in Healthcare



# POPULATIONS AND CONDITIONS

Populations served are **clinically complex and vulnerable**

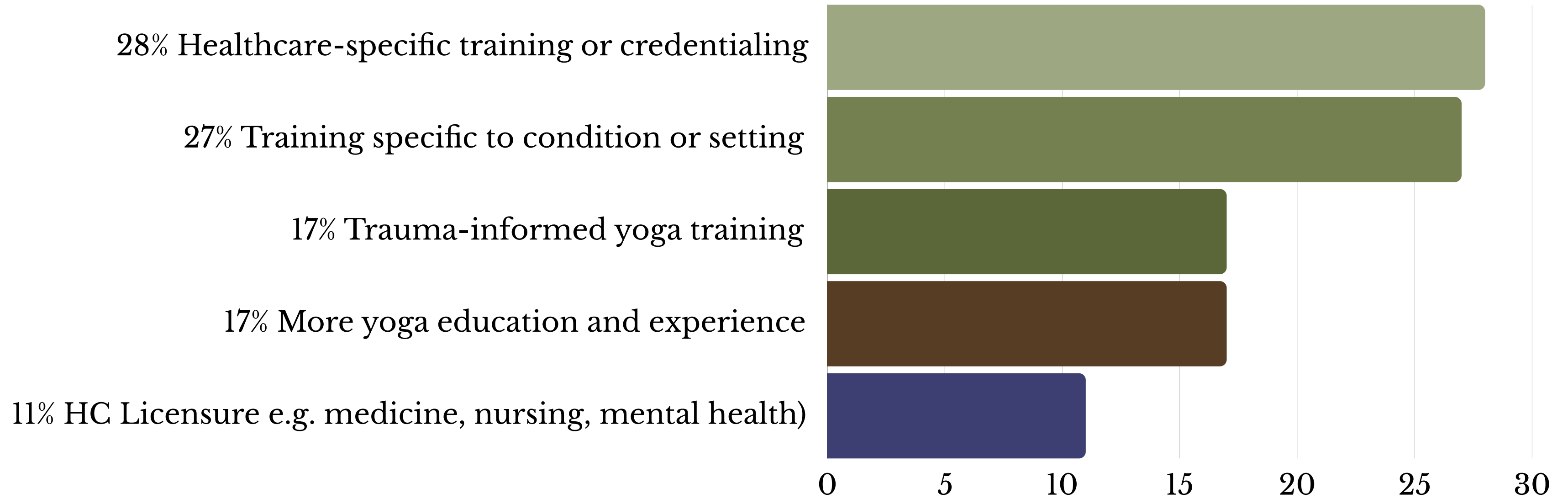


**Settings include:** community clinics/outpatient (43.8%), hospitals/inpatient (21.4%), and residential programs (27.3%).

# INTEREST IN TRAINING

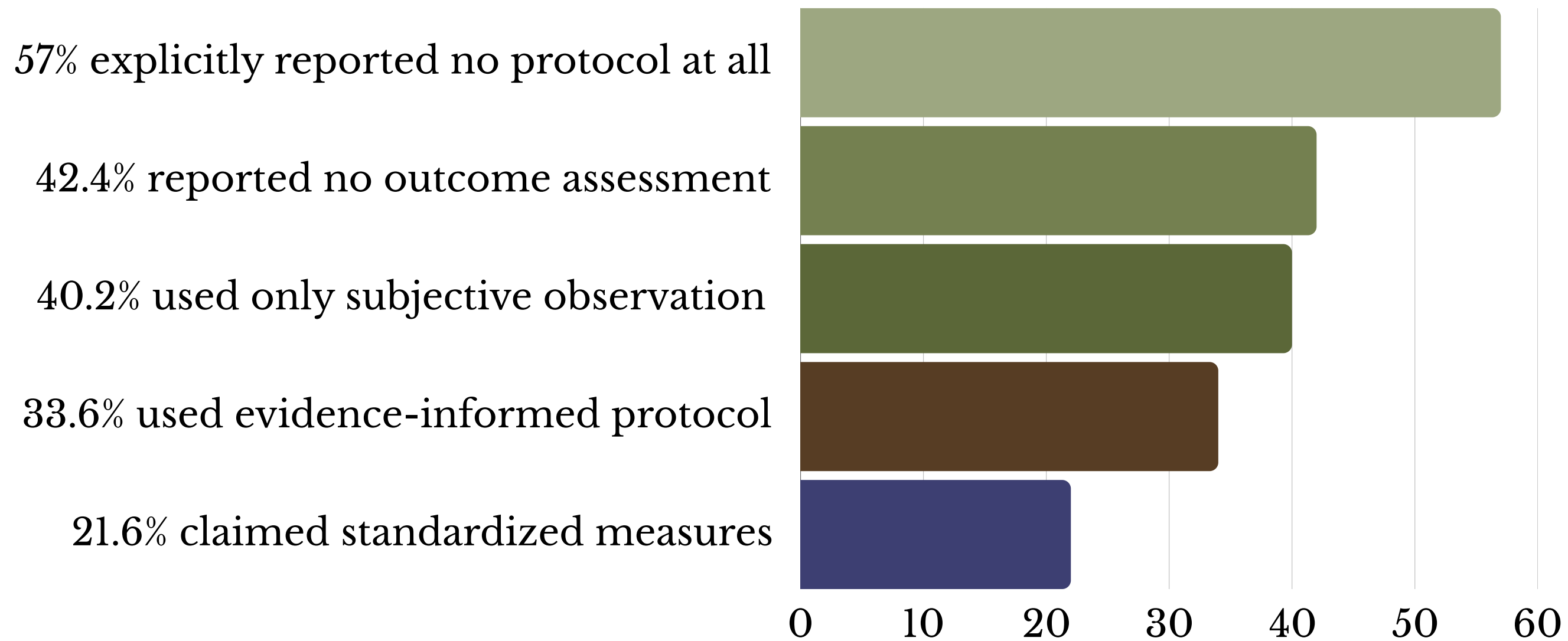
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Qualitative comments revealed interest in the following areas:



# MEASUREMENTS, PROTOCOLS AND EVALUATION

Protocols and outcome measurement are rarely standardized among yoga professionals in healthcare:



In high-risk healthcare contexts, most yoga is delivered without standardized protocols or validated outcome measures. Advanced training tied to protocol literacy, documentation, and outcome evaluation would directly address this gap.

# DISCUSSION

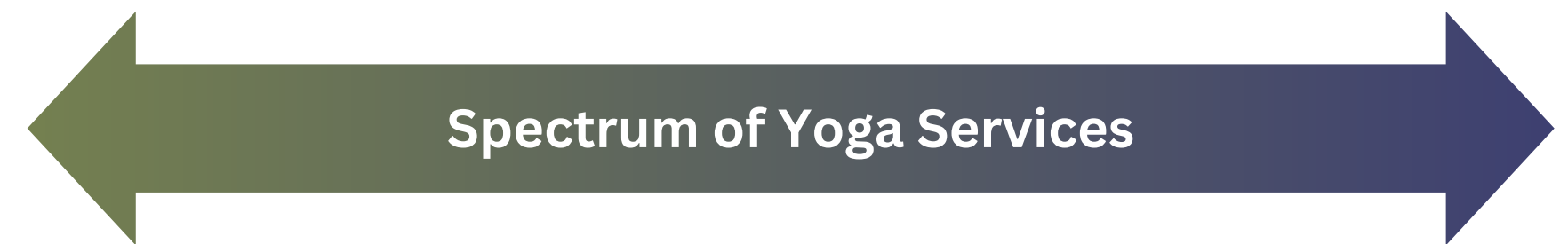
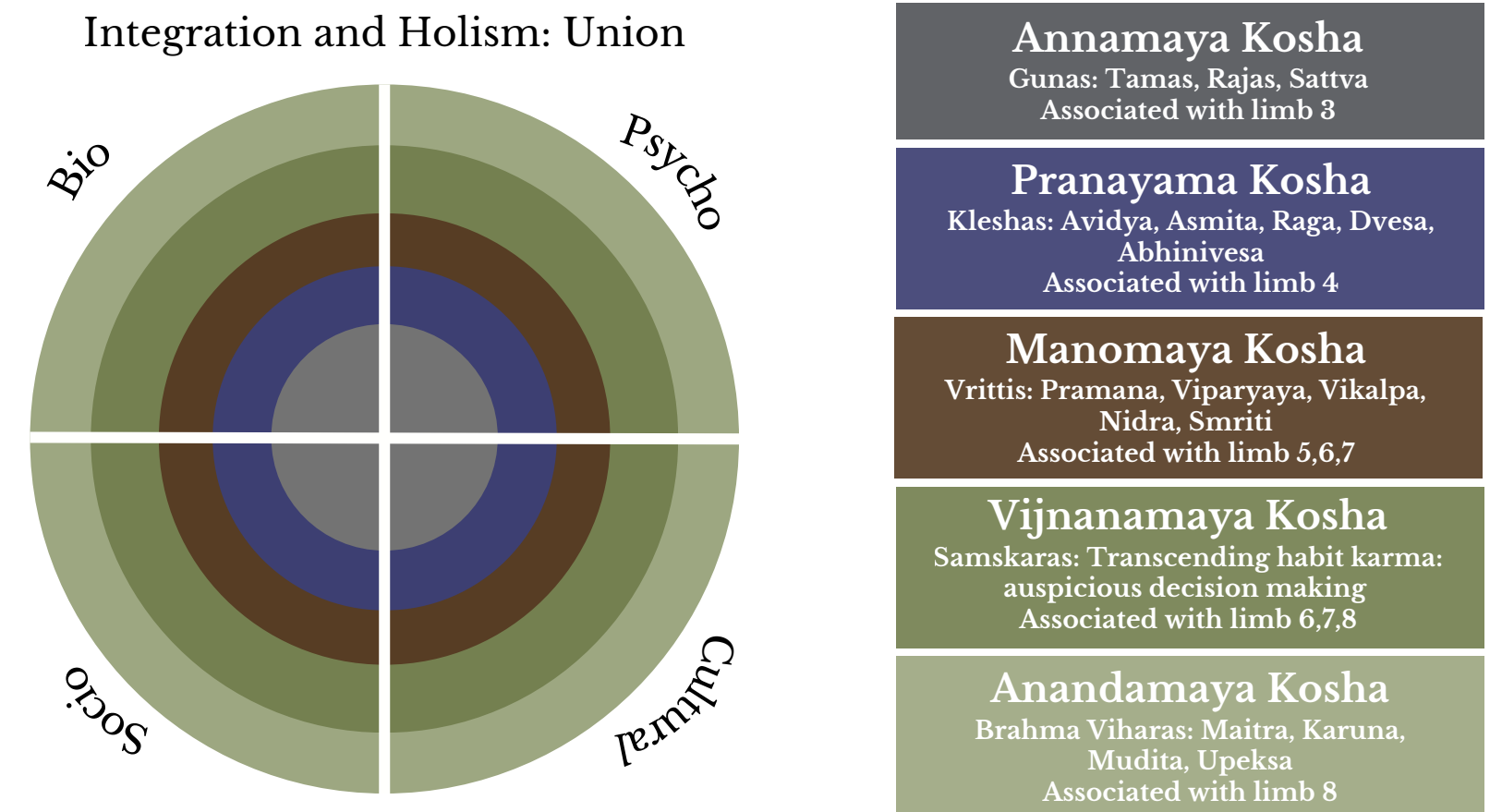


Department of Psychiatry and Behavioral Sciences



- What resonates most with your own experience of integrating yoga into healthcare or community health settings?
- What have you learned about serving vulnerable populations in ways that are safe, responsive, and accessible?
- What roles have training, assessment, protocols, or evaluations played in your work?
- What opportunities do you see for collaboration, shared standards, and stronger community organizing?

## YOGA X SCIENCE MEETS SOUL



Yoga Teaching | Therapeutic Yoga | Yoga Therapeutics | Yoga Therapy

# STAY CONNECTED

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## Yoga in Healthcare: [Dashboard Link](#)

- Explore resources, share your feedback, and stay engaged beyond today's session.
  - Let us know if you are interested in participating in a **future focus group**.
  - **Participant Experience Survey**
  - **Email:** [YogaXteam@stanford.edu](mailto:YogaXteam@stanford.edu)
  - **Website:** [YogaXteam.com](http://YogaXteam.com)
- Read the article in IJOY [Yoga Professionals' Opinions about Yoga in Health](#)



# Thank You!

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