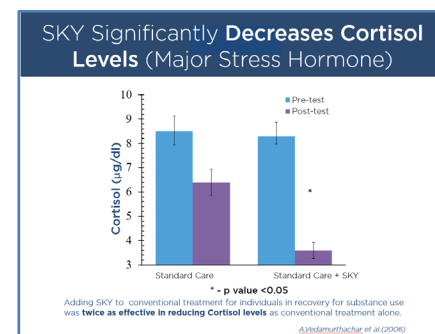
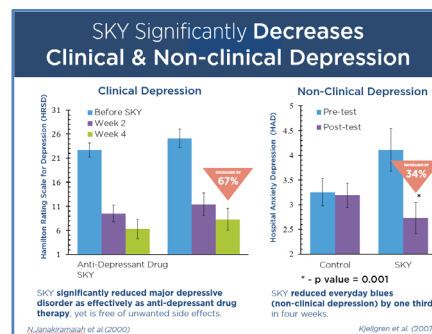
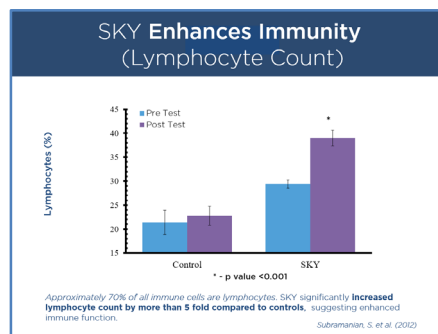
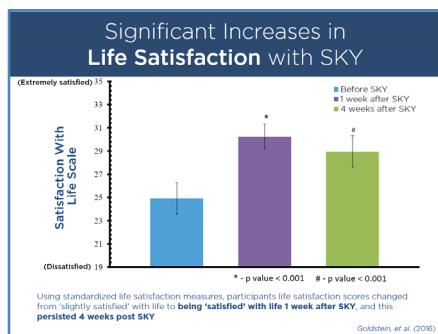


RESEARCH SLIDES

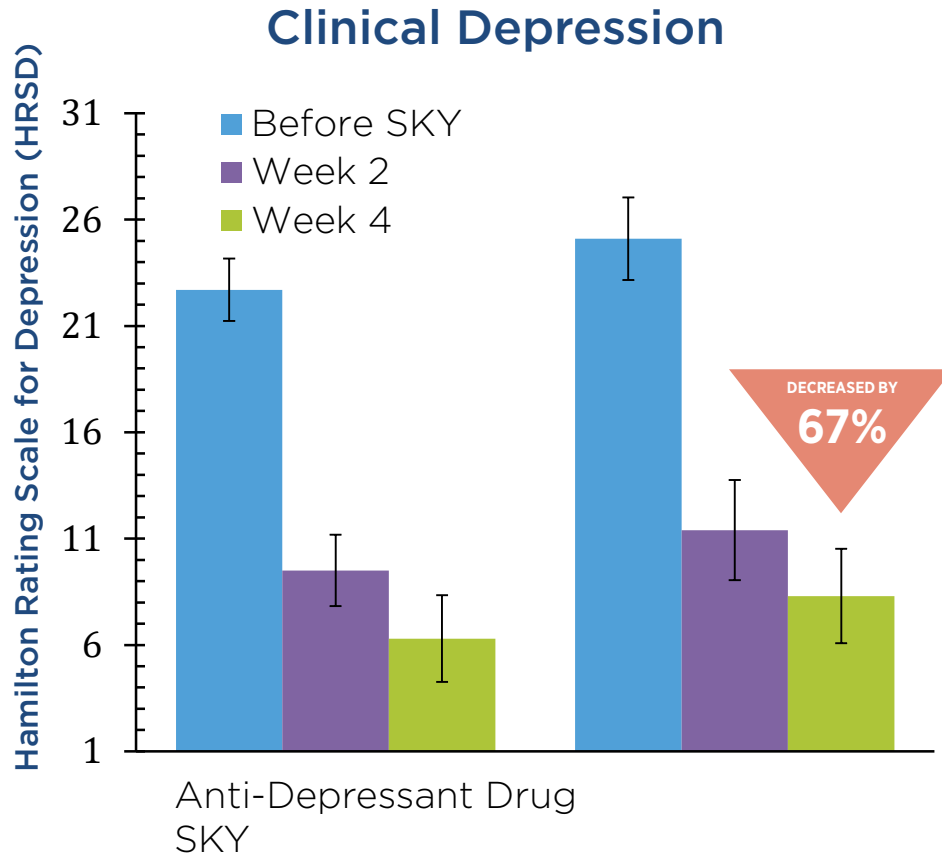
Summary of Research Studies on Sudarshan Kriya (SKY)



100 + independent studies conducted on four continents and published in peer-reviewed journals have demonstrated a comprehensive range of benefits from practicing Sudarshan Kriya and accompanying breathing techniques, collectively referred to as SKY.

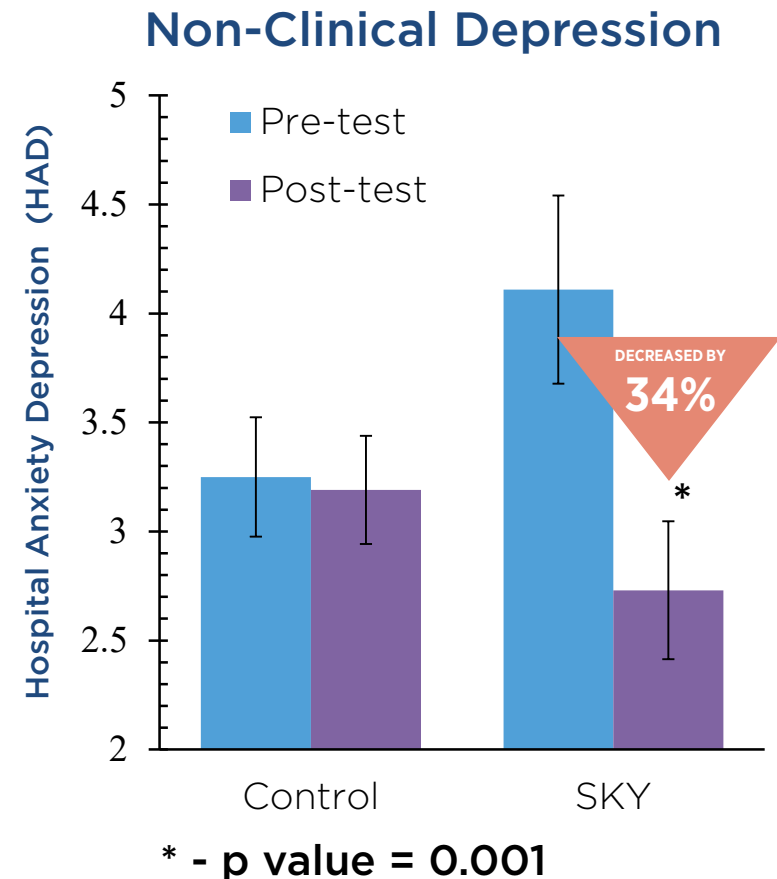
The following slides highlight results from some of that research.

SKY Significantly Decreases Clinical & Non-clinical Depression



SKY **significantly reduced major depressive disorder as effectively as anti-depressant drug therapy**, yet is free of unwanted side effects.

N.Janakiramaiah et al.(2000)

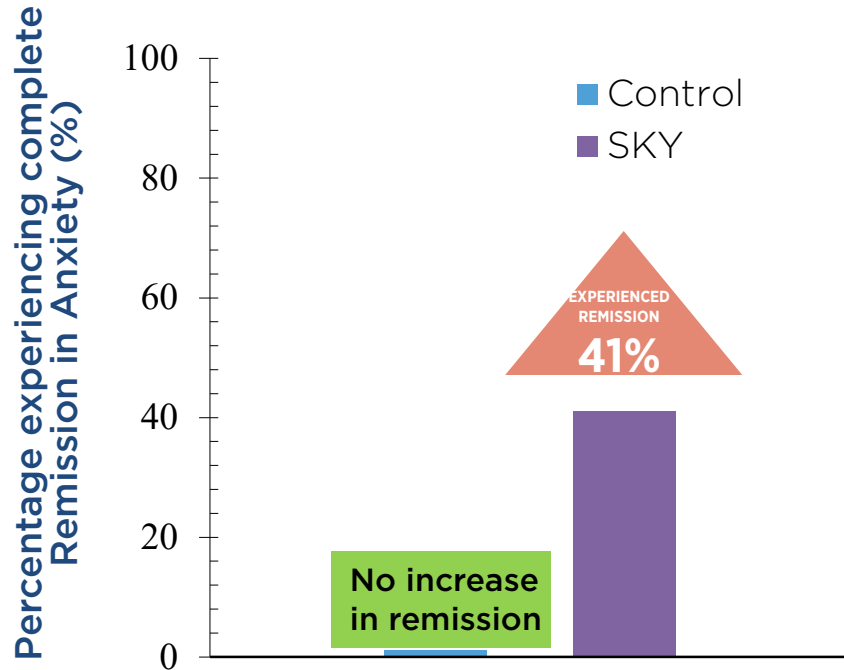


SKY **reduced everyday blues (non-clinical depression) by one third** in four weeks.

Kjellgren et al. (2007)

SKY Significantly Decreases Clinical & Non-clinical Anxiety

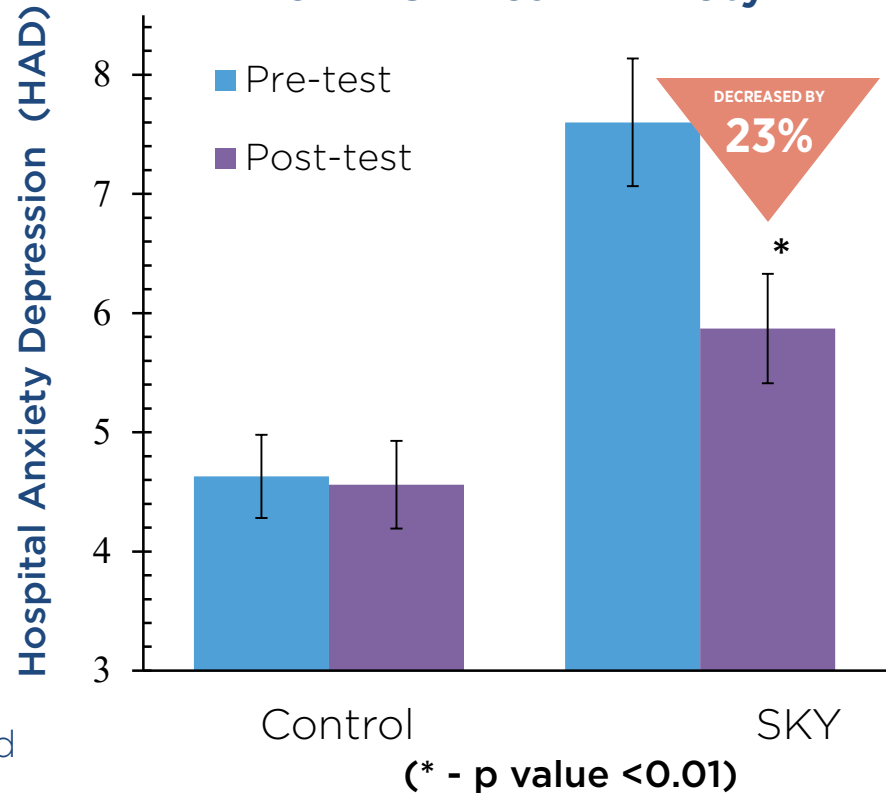
Clinical Anxiety



73% of individuals suffering from Generalized Anxiety Disorder (GAD) despite 12 weeks of standard psychiatric care (drugs and psychotherapy) **experienced significant reductions** in anxiety, and 41% achieved remission, 4 weeks after learning SKY.

Katzman MA et al. , (2012)

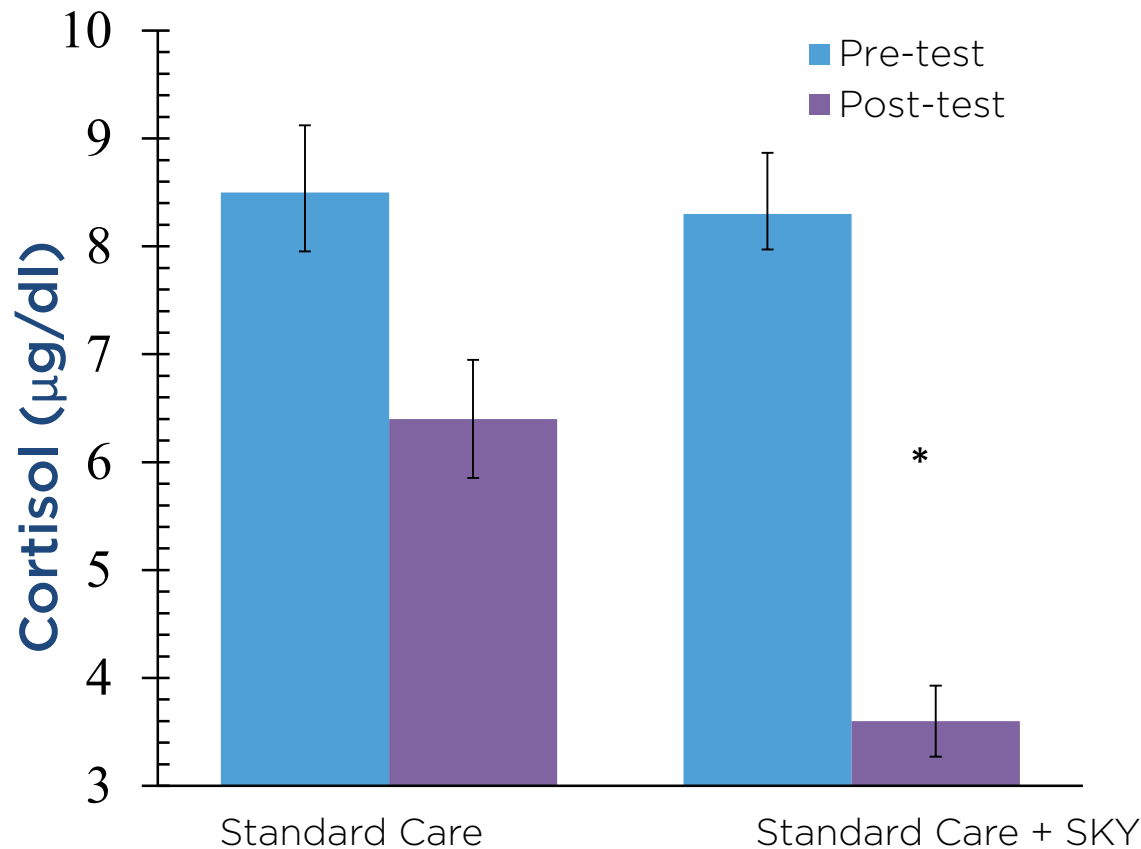
Non - Clinical Anxiety



SKY significantly **decreases everyday anxiety.**

Kjellgren et al. (2007)

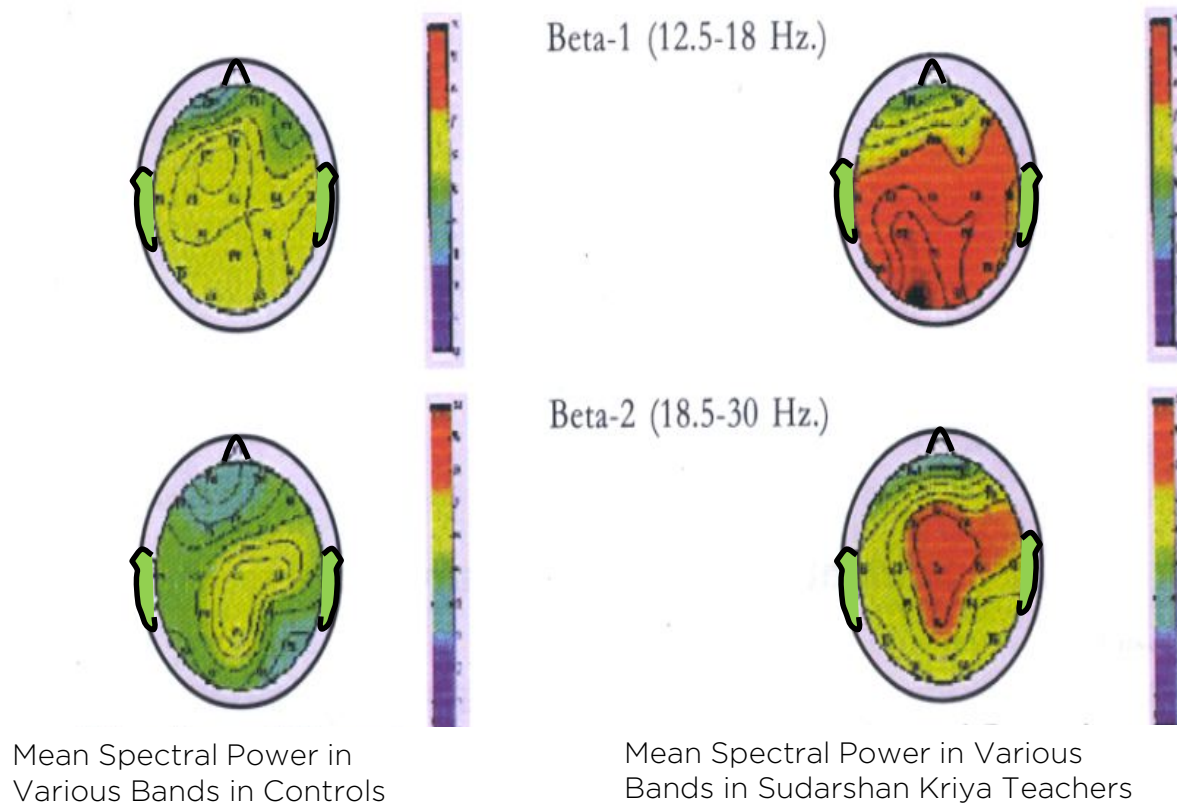
SKY Significantly **Decreases Cortisol Levels** (Major Stress Hormone)



* - p value <0.05

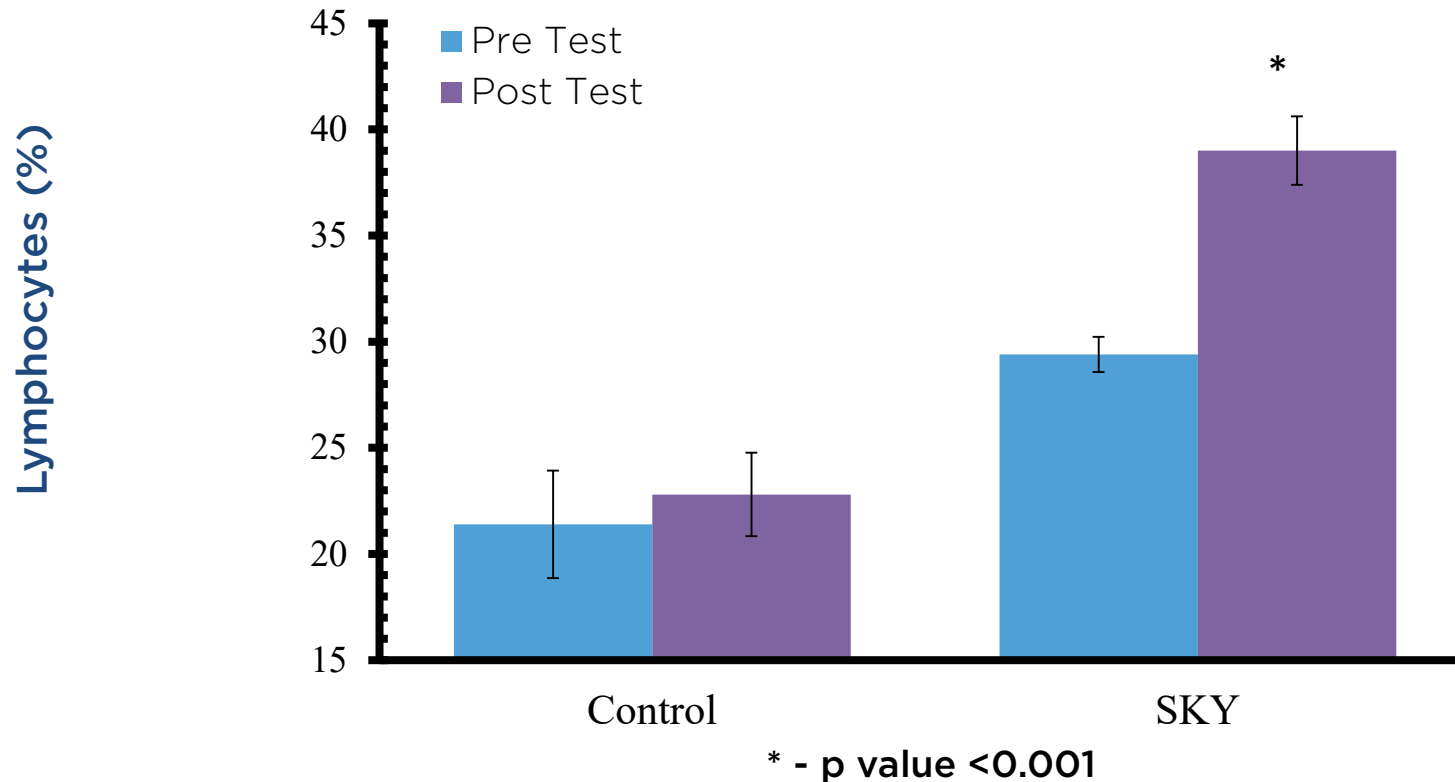
Adding SKY to conventional treatment for individuals in recovery for substance use was **twice as effective in reducing Cortisol levels** as conventional treatment alone.

Significantly **Greater Mental Focus** in Sky Practitioners



EEG measures electrical brain activity. In this study, SKY practitioners demonstrated **significantly greater ($P < 0.05$) EEG Beta wave activity** than controls, which is indicative of heightened alertness/ mental focus.

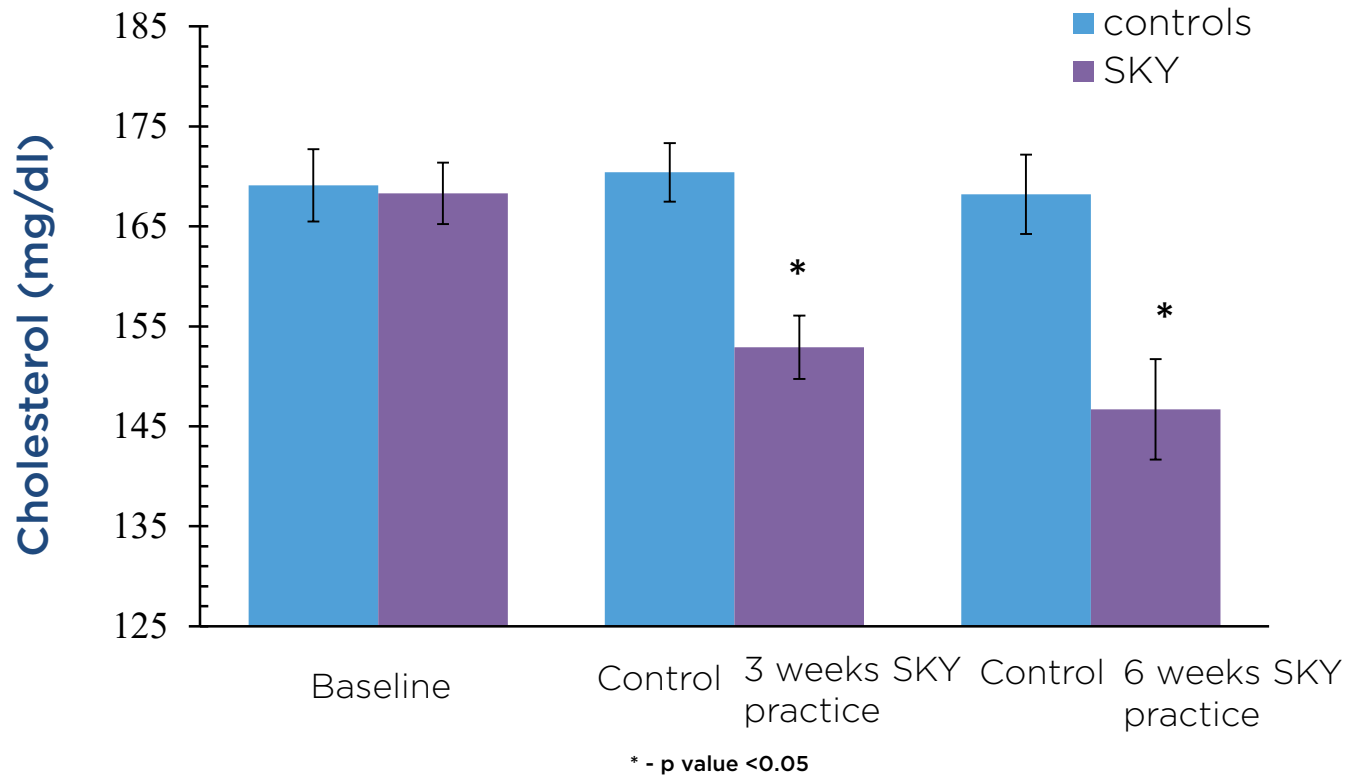
SKY Enhances Immunity (Lymphocyte Count)



Approximately 70% of all immune cells are lymphocytes. SKY significantly **increased lymphocyte count by more than 5 fold compared to controls**, suggesting enhanced immune function.

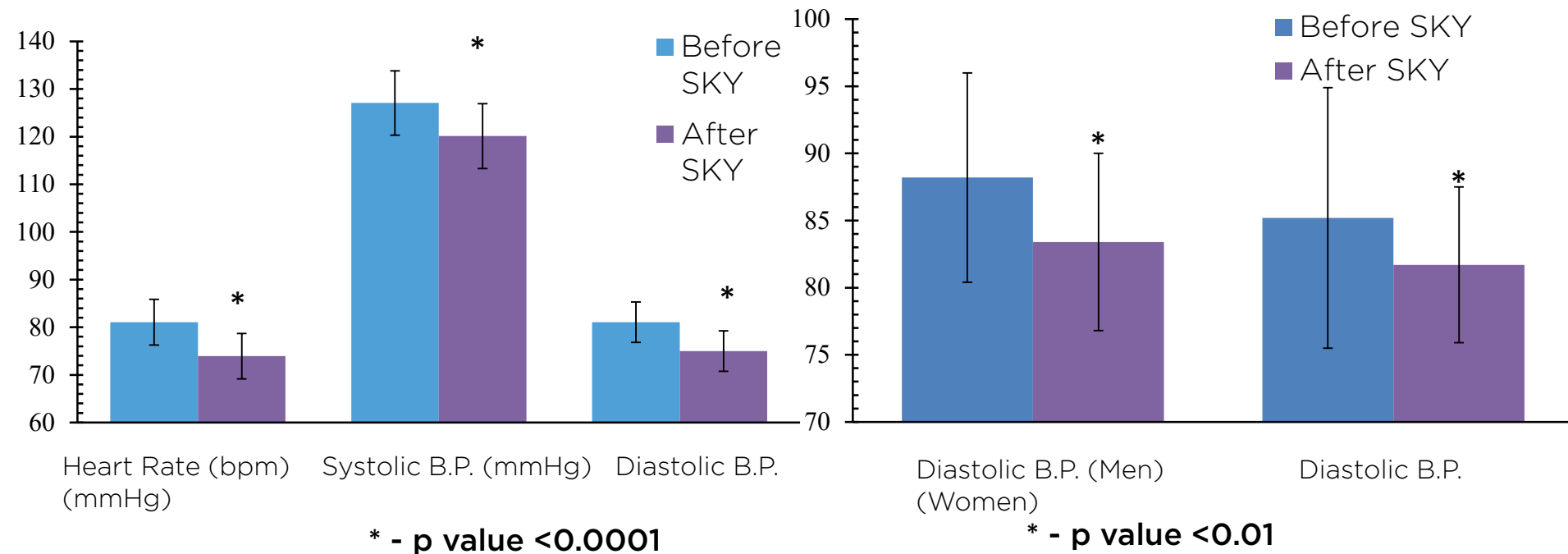
Subramanian, S. et al. (2012)

SKY Significantly Reduces Cholesterol



SKY significantly **reduced cholesterol, with no change in diet** in just 3 weeks, even under stressful conditions.

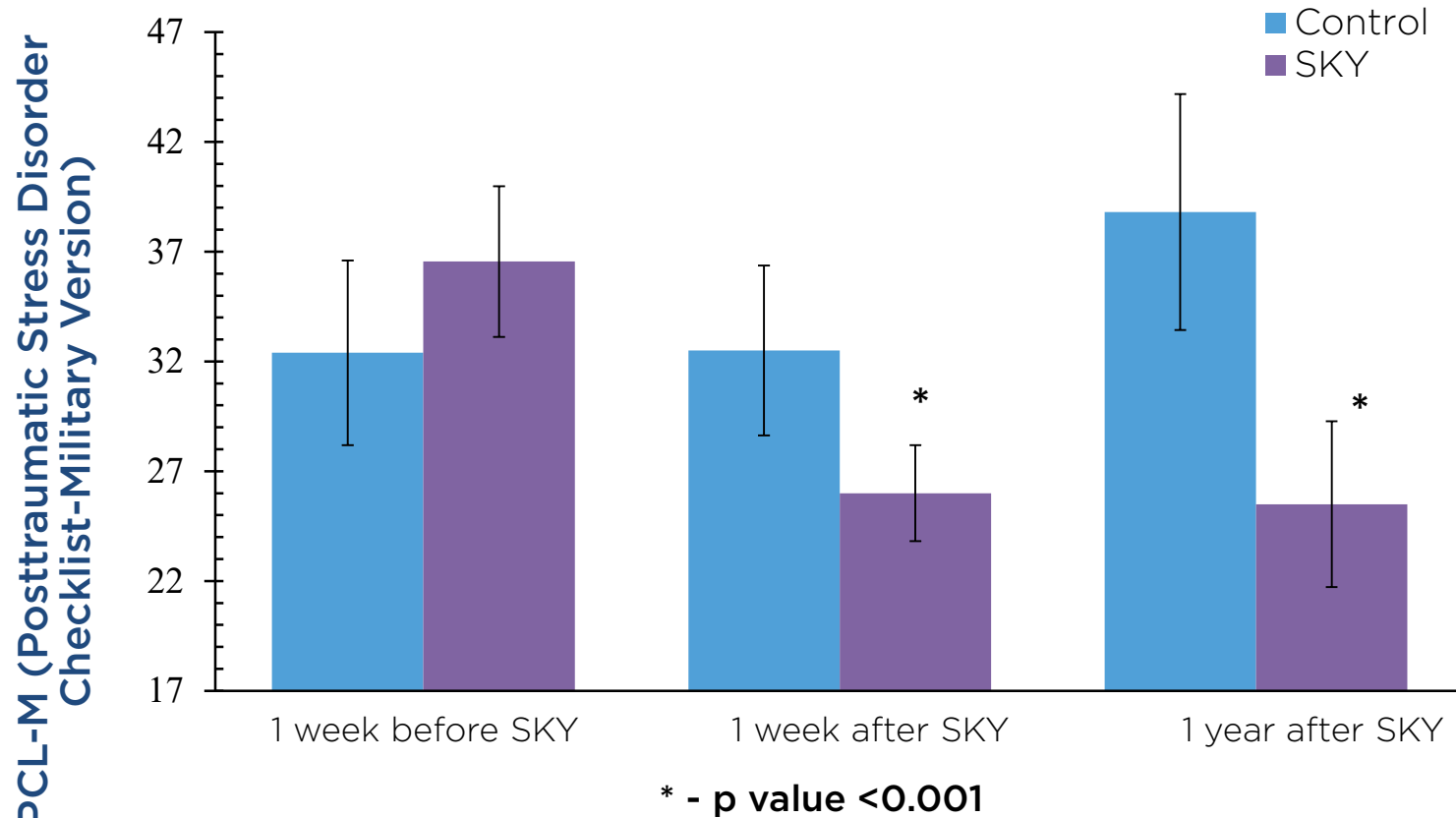
Healthier Blood Pressure in SKY Participants: Normal Individuals & Hypertensives



Systolic B.P. - Pressure in the arteries when heart muscle contracts (Normal value is 120)
Diastolic B.P. - Pressure in the arteries when heart muscle relaxes (Normal value is 80)

Heart disease is one of the leading causes of death in N. America. Heart rate and blood pressure are two key indicators of heart function. **People practicing SKY showed healthier heart rate and blood pressure values.**

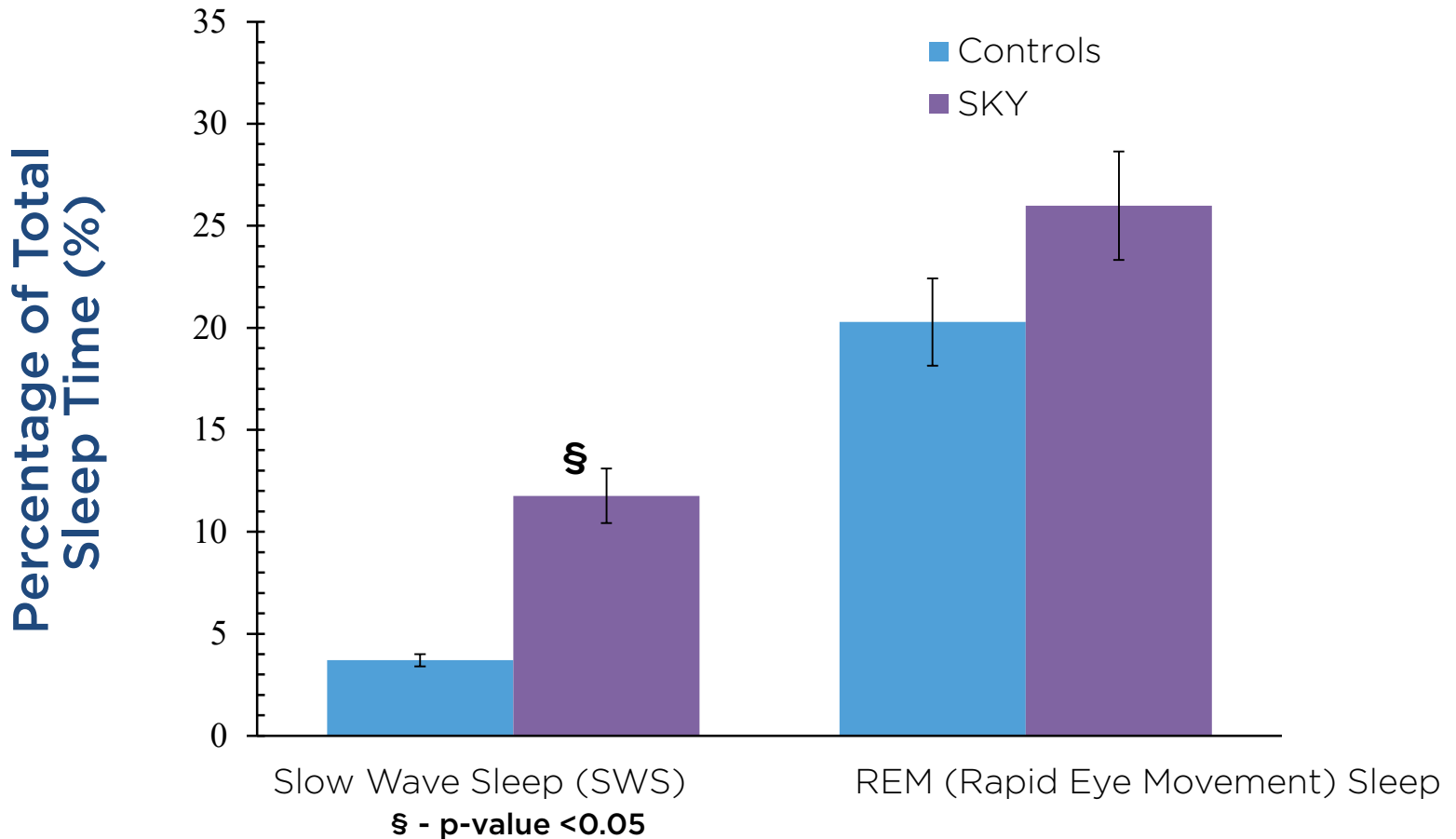
SKY Significantly Reduces PTSD



Iraq and Afghanistan veterans who practiced SKY had **significant reductions in PTSD symptoms after just one week** of SKY practice. **Results persisted for one year with no follow-up sessions**, demonstrating a long term benefit.

Seppala et al. (2014)

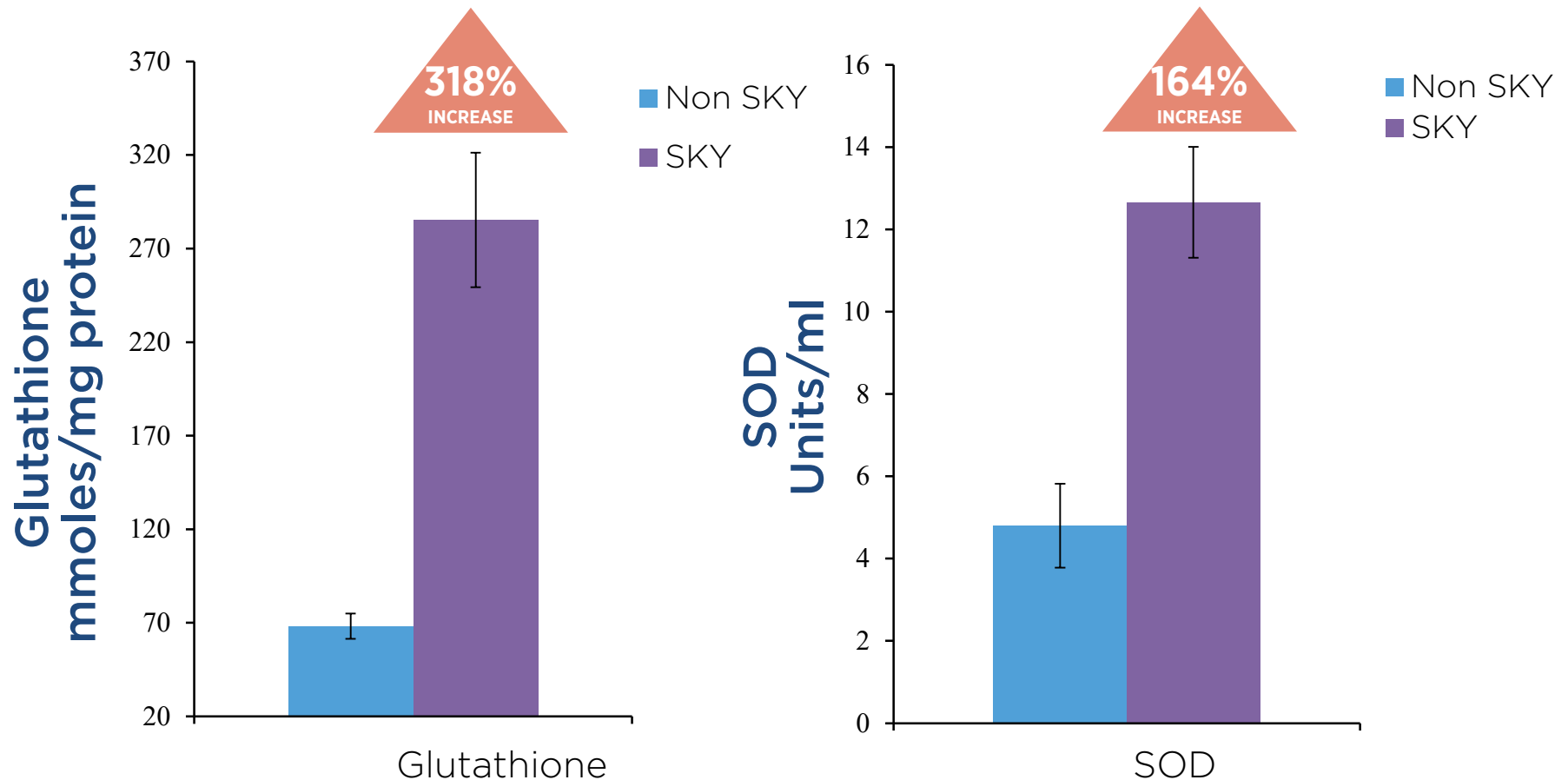
Significantly Enhanced **Deep Sleep** in SKY Participants



SKY practitioners spent significantly **more time in deeper sleep (Stages 3 & 4 sleep)**, than age matched controls (~3 times more), suggesting deep sleep is restored to levels of young adulthood. SKY practitioners spent **13% of their total sleep time in the deeper restful SWS state**, while controls spent only **4%** of their sleep time in SWS state.

Sulekha et al. (2006)

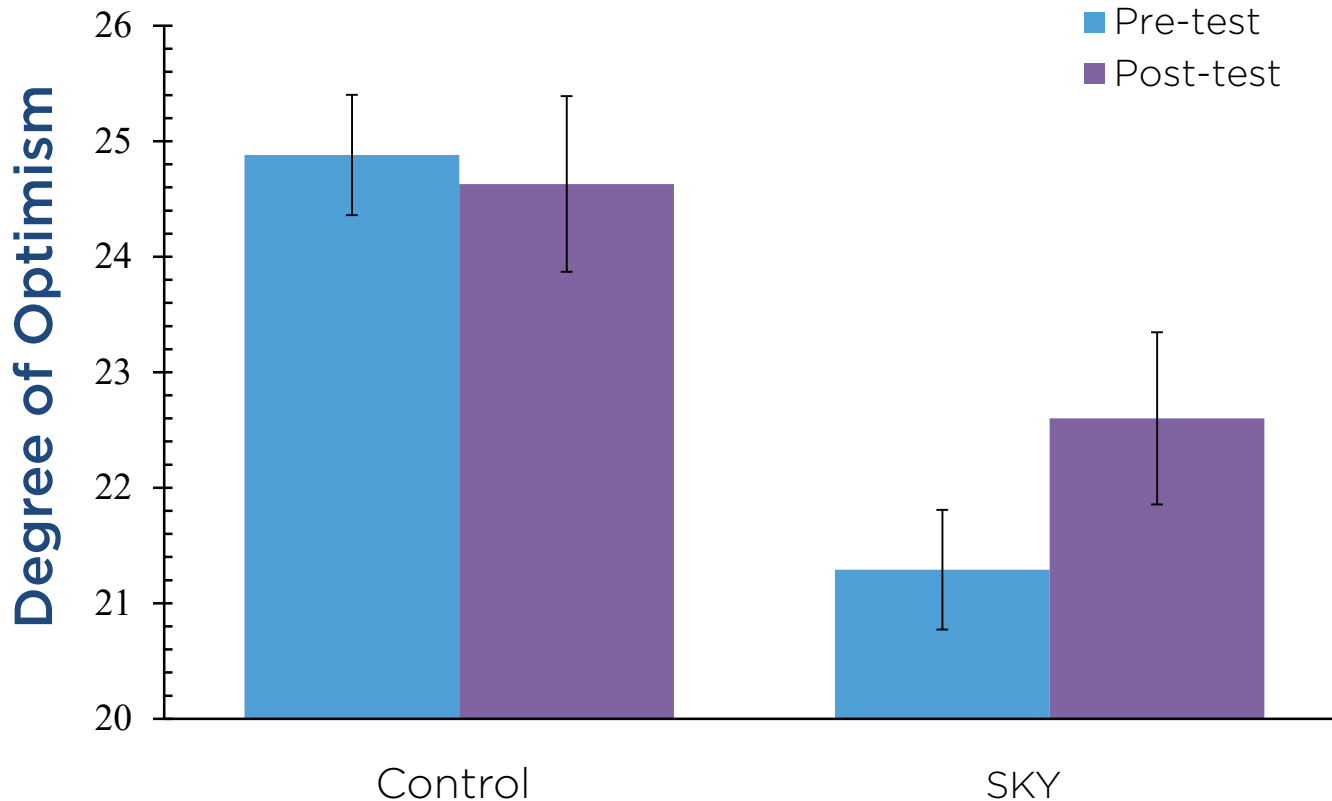
SKY Significantly Increases Antioxidant Production



Antioxidants protect cells from free radical damage, which is responsible for many diseases and the aging process. SKY practitioners exhibited **significant increases in levels of the 3 major antioxidants, Glutathione, SOD and Catalase** (data not shown here), compared to controls.

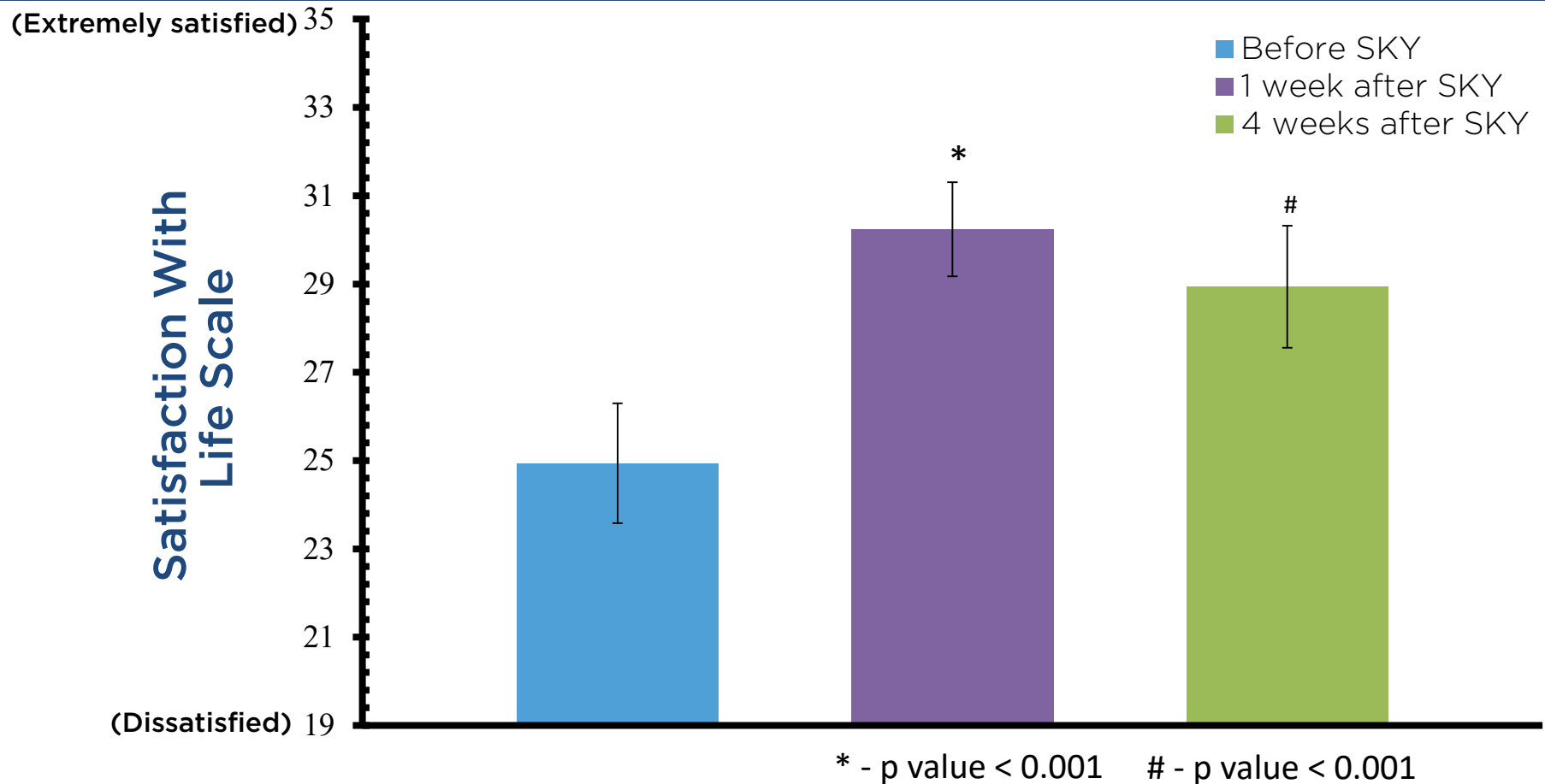
Sharma et al. (2003)

SKY Significantly Enhances Optimism



Optimism significantly increased in SKY practitioners in 4 weeks, yet slightly decreased in controls

Significant Increases in Life Satisfaction with SKY



Using standardized life satisfaction measures, participants life satisfaction scores changed from 'slightly satisfied' with life to **being 'satisfied' with life 1 week after SKY**, and this **persisted 4 weeks post SKY**