

**Brazier, A., Mulkins, A., Verhoef, M. (2006) Evaluating a yogic breathing and meditation intervention for individuals living with HIV/AIDS. Am J Health Promot. 20, 192-195.**

This study was conducted to evaluate the possible effectiveness of the Sudarshan Kriya and related practices (SK&P) for improving the well-being of individuals living with HIV/AIDS. There were 47 people in the study and several standardized tests were used to measure the changes in psychological well-being of the participants. There were significant improvements immediately after the SK&P intervention, but this effect disappeared at later time points. Qualitative interviews indicated improvements in day-to-day living. However, there was an increase in the experience and impact of stress by one of the standardized tests. These mixed results may be due to design of the study. Although these findings are suggestive overall for a positive influence of SK&P, larger studies with more robust design and controls are needed for conclusive results.