

Breath in & Breath Out: A Yoga Intervention on Positive Body Image

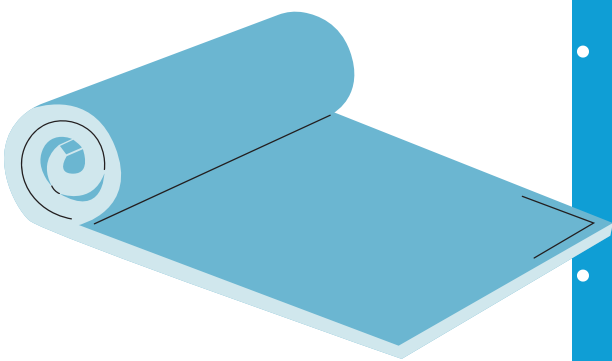
This study examined whether a yoga program could be conducted among men and women across the adult lifespan and if it lead to changes in positive body image.

Program & Participants

- 10-week yoga program (1-hour, once per week)
- 195 men and women 18+ expressed interest
- 82 men and women 18+ were eligible
- 16 completed the yoga program
- 18 completed the control group

Table 1. Demographic Information

Characteristic	Control Group	Yoga Group
Gender (% Woman)	90% Woman	82% Woman
Average Age	53 years	51 years
Background (% White)	90% White	96% White



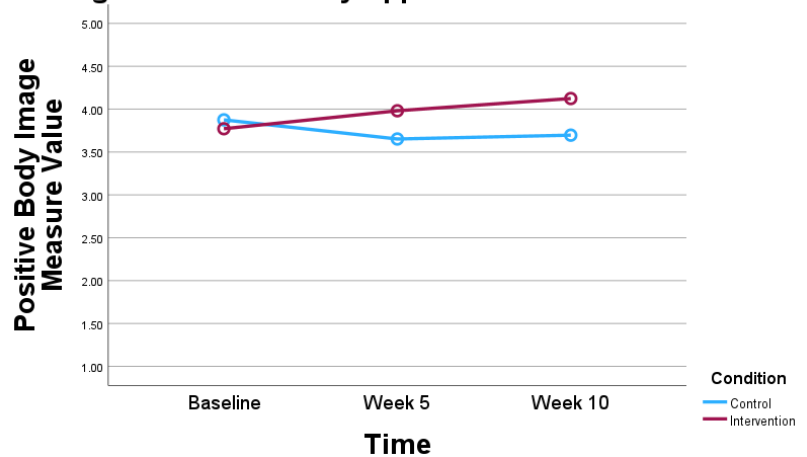
How was the Yoga Program Received?

- Participants in the **yoga program** enjoyed it overall and planned to continue.
 - **Liked most:** class length.
 - **Suggestions:** more classes.
- Participants in the control group:
 - **Planned** on practicing yoga.
 - **Suggestions:** more interaction with researchers.
- Yoga Instructors:
 - **Liked most:** yoga program and participants.
 - **Suggestions:** modify poses for all body types.

Body Image Changes

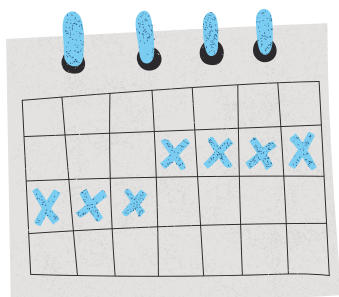
- Improvements in positive body image were generally reported in the yoga group.
- The largest changes were in appreciation of what the body can do (functionality appreciation)

Changes in Functionality Appreciation from Baseline to Week 10



Program Strengths & Barriers

- **Strengths:**
 - Based on Hatha Yoga (most common type in North America)
 - Promotes body-self connection.
- **Overcoming barriers:**
 - More inclusive yoga poses
 - Communication with control group
 - More options for class times to increase convenience and accessibility



Conclusion

- Overall, yoga may lead to more positive body image in middle-aged and older adult men and women.
- Adapting poses for more diverse bodies may be more inclusive and appealing to a wide range of individuals.
- Instructors must be experienced and knowledgeable on yoga poses and philosophy.

Dr. Matthieu Dagenais, Dr Sean Locke, Dr. Nota Klientrou, Dr. Phil Sullivan & Dr. Kim Gammage

Department of Kinesiology, Brock University, St. Catharines, Ontario, Canada. REB File #22-205

Email: mdagenais@brocku.ca



Social Sciences and Humanities
Research Council of Canada

Conseil de recherches en
sciences humaines du Canada

Canada