Empirical Support for Health and Wellness Offerings

**Yoga**

There is a multitude of studies assessing the efficacy of yoga in treating chronic pain, PTSD, stress, anxiety, depression, and sleep disturbance. Here are a few recent meta-analyses.


van der Kolk, Bessel & Stone, Laura & West, Jennifer & Rhodes, Alison & Emerson, David & Suvak, Michael & Spinazzola, Joseph. (2014). Yoga as an Adjunctive Treatment for Posttraumatic Stress Disorder: A Randomized Controlled Trial. The Journal of clinical psychiatry. 75. e559-e565. 10.4088/JCP.13m08561.

**Trauma-Informed Yoga**


**Guided Relaxation**


**Nutrition**


**Exercise**


**Green Exercise**

There is mounting evidence that “green exercise,’ or exercise in nature, has an even greater impact on emotional wellbeing.
