

The Role of Yoga in Enhancing the Proton, Electron, and Neutron of Human Life

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Abstract

This abstract explores the significance of yoga in enhancing the fundamental aspects of human life, symbolically represented by protons, electrons, and neutrons. By examining how yoga practices foster physical well-being, mental balance, and emotional stability, this study highlights the interconnectedness of these elements in promoting overall health. It emphasizes yoga's role in fostering resilience, enhancing cognitive function, and improving emotional regulation, ultimately contributing to a holistic sense of vitality and well-being. The findings suggest that integrating yoga into daily routines can profoundly impact individuals' lives, aligning their physical, mental, and emotional energies for optimal functioning and harmony.

Keywords: Yoga, Human Life, Well-being, Protons, Electrons, Neutrons.

I. Introduction

A. Definition of Key Concepts

In the realm of human biology, the building blocks¹ of matter—protons, electrons, and neutrons—are foundational to understanding life at the atomic level. Protons, positively charged particles found in the nucleus of an atom, play a crucial role in determining the identity of an element and its fundamental properties. Electrons, negatively charged subatomic particles that orbit the nucleus, are essential for forming chemical² bonds and facilitating interactions between atoms. Neutrons, which carry no charge and also reside in the nucleus, contribute to the stability³ of atomic structures and influence isotopic variations. Together, these subatomic particles form the basis of all matter, including the biological molecules necessary for life, such as proteins, carbohydrates, lipids, and nucleic acids.

Conversely, yoga is a holistic practice that integrates physical, mental, and spiritual dimensions to foster overall well-being. Originating from ancient⁴ Indian philosophy, yoga encompasses various techniques, including postures (asanas), breath control (pranayama), and meditation. It seeks to create harmony within the individual and between the individual and the environment, enhancing not only physical strength and flexibility but also mental clarity and emotional stability.

B. Importance of Topic

Exploring the intersection between yoga and atomic structures opens a fascinating dialogue that marries the realms of physical science and holistic wellness. The intricate interplay between atomic particles is mirrored in the interconnectedness of bodily systems cherished in yoga practices. By examining how yoga can enhance not merely physical well-being but also the energetic properties associated with proton

electrons, and neutrons, we can gain deeper insights into holistic health.

The purpose of this review paper is to elucidate the multifaceted role of yoga in enhancing human life, particularly through its potential effects on physiological and psychological well-being—growth and balance that are as fundamental to our existence as the very atoms that constitute our bodies. By bridging yoga and the atomic structures at play in human biology, this exploration aims to illuminate a pathway toward a more integrated understanding of health that transcends traditional disciplinary boundaries.

II. Historical Context of Yoga

A. Origins and Evolution of Yoga

Yoga, as both a philosophy and a practice, has deep historical⁵ roots that can be traced back over five thousand years to the ancient civilizations of India. Its etymology derives from the Sanskrit term "yuj⁶," which means to unite or join, encapsulating the core idea of yoga as a means of unifying the mind, body, and spirit. The earliest references⁷ to yoga are found in the Rig Veda, one of the oldest sacred texts, which includes hymns describing meditative and ritualistic practices. Over centuries, yoga underwent significant transformations, evolving through various schools of thought, including the philosophical⁸ systems of Samkhya and Vedanta, each contributing to the understanding of human existence and consciousness.

The evolution of yoga has been marked by diverse practices, ranging from the physical postures (asanas) we are familiar with today to the more spiritual⁹ and meditative aspects embodied in traditions like Bhakti and Jñāna yoga. These practices serve not only as methods for physical well-being but also as pathways to achieving enlightenment and self-realization. Historically, this multifaceted nature of yoga underscores its relevance to health, as it addresses the physical, mental, and spiritual dimensions of life, thereby promoting a holistic approach to well-being¹⁰.

B. Traditional Perspectives

Within traditional yoga philosophy, the mind-body connection is intricately woven into the fabric of ancient texts and teachings. The Yoga Sutras of Patanjali, for instance, outline the eight limbs of yoga, which include ethical precepts (yama and niyama), postures (asana), breath control (pranayama), sensory withdrawal (pratyahara), concentration (dharana), meditation (dhyana), and enlightenment (samadhi). These teachings emphasize the importance of harmonizing the physical and mental aspects of being as a means to attain higher states of consciousness and overall health. The practice of asanas not only aids in cultivating physical strength and flexibility but also serves to quiet the mind, ultimately contributing to emotional stability and psychological resilience.

Ancient Indian philosophy also posits the concept of prāṇa, which refers to the vital life force or energy that permeates all living beings. This fundamental aspect of yoga posits that the quality and flow of prāṇa directly influence both physical health and mental clarity. Traditional perspectives suggest that disturbances in the flow of prāṇa can lead to imbalances within the body, manifesting as disease or dysfunction. Through practices such as pranayama, individuals can learn to control their breath and, in turn, the flow of prāṇa throughout their bodies, enhancing their health at a foundational energetic level.

In examining the historical context of yoga, it becomes evident that its practices are not merely physical exercises but are rooted in profound philosophical traditions that seek to enrich the human experience. By integrating the teachings of yoga with contemporary understandings of health, we can construct a more holistic perspective on enhancing the proton, electron, and neutron of human life—the very essence of our physical and energetic selves. This synthesis of ancient wisdom and modern health

principles continues to resonate, offering pathways to improved well-being and self-discovery for individuals in today's complex world.

III. Theoretical Framework

In exploring "The Role of Yoga in Enhancing the Proton, Electron, and Neutron of Human Life," it is essential to establish a theoretical framework that bridges the empirical components of cellular structures with the philosophical underpinnings of yoga. This framework focuses on the connections between the physical constituents of human life—protons, electrons, and neutrons—and the energetic dimensions emphasized in yoga philosophy, coupled with insights from quantum mechanics and biophysics.

A. Connection between Yoga and Cellular Structures

1. Overview of Cellular Structures: Protons, Electrons, and Neutrons

At the most basic level, human life is built upon the interaction of fundamental particles: protons, neutrons, and electrons. Protons, positively charged particles found in atomic nuclei, contribute to the identity of elements. Neutrons, neutrally charged counterparts, add stability to the atomic structure. Meanwhile, electrons, possessing a negative charge, inhabit the outer regions of atoms and are fundamental to chemical¹¹ interactions. Together, these particles facilitate the biochemical processes that sustain life, from cellular respiration to neural signaling.

Understanding these cellular structures provides insight into how energy and matter interact within the human body. The harmonious balance among protons, neutrons, and electrons is vital for the maintenance of homeostasis¹². Therefore, any disruption in this balance can adversely affect not only individual cells but, by extension, the whole organism.

2. Energetic Frameworks in Yoga Philosophy

In juxtaposition to the scientific approach to cellular structures, yoga presents a holistic view of health and well-being based on energy and consciousness. Central to yoga philosophy is the concept of prana, or life force, which parallels the energetic vibrational states of protons, electrons, and neutrons. Practitioners¹³ believe yogic practices, including asanas (postures) and pranayama (breath control), facilitate the proper flow of prana throughout the body.

In this context, yoga operates as a system that enhances the energetic frameworks of the body, promoting balance and harmony akin to the stability achieved in molecular structures through the proportional relationships of protons, electrons, and neutrons. This energetic alignment fosters optimal health, suggesting that yoga may serve as a mechanism to influence the vibrational states of human cellular structures.

B. Quantum and Biophysics Perspectives

1. Basic Principles of Quantum Mechanics Relevant to Human Biology

Quantum mechanics introduces a paradigm whereby energy, matter, and consciousness interact at fundamental levels. Notably, concepts such as superposition and entanglement present compelling implications for understanding how human biology¹⁴ operates beyond classical expectations. Wave-particle duality indicates that particles like protons and electrons exhibit both wave-like and particle-like properties, suggesting a level of interconnectedness¹⁵ and fluidity that resonates with the principles of yoga.

Moreover, quantum biology emerges as a field of study investigating how quantum phenomena affect biological processes. The potential implications of this discipline hint at the possibility of energy states within cellular structures that could be influenced through intentional practices, such as those found wit-

hin yoga.

2. How Yoga Practices May Influence the Vibrational Energy of Atoms

Yoga practices are thought to enhance¹⁶ not only individual well-being but also the vibrational energy of the atomic structures within the body. Through focused breath and intentional movement, practitioners may be able to stimulate the energetic frequencies that govern atomic interactions. This idea parallels the concept that, just as quanta behave differently under varying states of observation, so too might the vibrational resonance of atomic particles vary with the consciousness fostered through yoga.

Research in biophysics reinforces this notion, demonstrating how mindfulness and breathing techniques¹⁷ can alter physiological states. For instance, controlled breathing can influence the autonomic nervous system, potentially leading to alterations in cellular functions at nanoscale levels. This indicates that rigorous yogic practices may empower individuals to cultivate states of balance, thereby optimizing the function of protons, electrons, and neutrons within their cellular environments.

IV. Physical Benefits of Yoga

Yoga has long been revered not only as a spiritual¹⁸ practice but also as a comprehensive approach to physical health. The intricate interplay between body and mind that yoga fosters can yield significant physiological benefits. This section delves into how yoga enhances physical health and energy flow by examining scientific evidence of its effects on bodily functions and the mechanisms that promote cellular health.

A. Impact on Physical Health

1. Evidence from Scientific Studies on Yoga's Effects on the Body

Numerous scientific studies have substantiated the health benefits of yoga, demonstrating its efficacy in improving various physical conditions. Research indicates that regular practice can lead to enhanced flexibility, strength, and balance. For instance, a study published in the *Journal of Clinical Psychology* highlighted that yoga not only improves physical fitness but also alleviates symptoms associated with chronic ailments such as arthritis, hypertension, and cardiovascular diseases. Furthermore, meta-analyses have consistently shown that yoga is effective in reducing stress, anxiety, and depression, which are closely linked to physical health outcomes.

2. Mechanisms by Which Yoga Promotes Cellular Health

The impact of yoga on cellular health is profound and multifaceted. Yoga practices, especially asanas (postures) and breathing techniques, stimulate various systems within the body, promoting homeostasis. One vital mechanism involves the regulation of the autonomic nervous system (ANS) and the subsequent reduction of cortisol—the stress hormone—that can lead to chronic inflammation if persistently elevated. Reduced inflammation at the cellular level can enhance immune defense and decrease the risk of diseases. Additionally, yoga has been shown to increase the production of telomerase, an enzyme that protects chromosome ends (telomeres), thereby promoting cellular longevity and vitality.

B. Role in Enhancing Energy Flow

1. How Yoga Contributes to the Optimal Functioning of Bodily Systems

Central to yoga is the concept of energy flow, or *prāṇa*, which is believed to influence the optimal functioning of all bodily systems. As practitioners engage in sequences that incorporate movement, breath, and mindfulness¹⁹, they stimulate the flow of energy throughout the body. This is particularly evident in the practice of *vinyasa*, where synchronized movement and breath enhance circulation and

oxygenation of tissues. Improved circulation aids in the efficient transport of nutrients and the removal of metabolic waste, promoting overall bodily health and vitality. Enhanced energy flow also supports critical systems, including the digestive system, endocrine system, and lymphatic system, contributing to improved homeostasis.

2. Prāṇayama and Its Influence on Cellular Energy Levels

Prāṇayama, or breath control, is a cornerstone of yoga that significantly influences energy levels and cellular function. The practice of controlled breathing²⁰ techniques elevates oxygen intake and facilitates deeper expulsion of carbon dioxide, leading to an increase in oxygen availability at the cellular level. This heightened oxygenation improves cellular respiration and energy production in mitochondria, often referred to as the powerhouse of the cell. Furthermore, prāṇayama has been associated with the balancing of the sympathetic and parasympathetic branches of the ANS, promoting relaxation and enhancing overall biological energy without undue stress on the body.

V. Mental and Emotional Benefits of Yoga

A. Psychological Impact

The practice of yoga has long been celebrated not only for its physical benefits but also for its profound psychological impact. Numerous²¹ studies and anecdotal evidence highlight how yoga fosters improvements in mental well-being and emotional balance. Through its combination of physical postures, breathing exercises, and meditation techniques, yoga creates a holistic environment conducive to mental clarity and emotional stability. Practitioners often report reductions in anxiety, depression, and stress levels, alongside enhanced mood and an overall sense of well-being. This is particularly remarkable in today's fast-paced society, which frequently contributes to heightened stress and emotional upheaval.

Research has increasingly focused on the mechanisms through which yoga influences mental health. Investigations into mindfulness practices, including meditation, reveal compelling links to physiological changes in the body. Neuroimaging studies have shown alterations in brain structures associated with emotion regulation and stress response, such as the amygdala and prefrontal cortex. As practitioners engage intensely in the mindful aspects of yoga, they foster a greater awareness of their thoughts and feelings, enabling more robust emotional regulation. These practices not only enhance the individual's capacity to cope with life's challenges but also foster resilience — a trait that enables individuals to recover from adversity more readily.

B. Neurotransmitter Activity

Yoga's influence extends beyond mere psychological changes; it also impacts the brain's chemistry, particularly concerning neurotransmitter activity related to protons and electrons. The practice has been shown to encourage the release of key neurotransmitters such as serotonin and dopamine, which are integral to mood stabilization and emotional health. Many yoga practices involve breathing techniques that enhance oxygen flow and circulation, positively affecting the brain's functionality. The synchronization of breath and movement facilitates a state of calm and relaxation, leading to shifts in brain chemistry that are associated with feelings of happiness and tranquility.

Moreover, the relationship between mental states and physical health cannot be overstated. Modern neuroscience underscores the importance of the mind-body connection, positing that mental states can directly influence physical health outcomes through biochemical pathways. For instance, chronic stress can lead to detrimental health effects, while regular yoga practice has been shown to reduce stress levels,

promote relaxation, and enhance overall body function. This interdependence means that maintaining mental and emotional well-being through yoga can enhance one's physical health, creating a beneficial cycle of vitality.

VI. Contemporary Research and Findings

A. Review of Recent Studies

1. Summary of Empirical Research on Yoga and Atomic Structures

Recent empirical research has begun to explore the intriguing parallels between yoga practices and atomic structures, particularly focusing on the fundamental particles that constitute human life: protons, electrons, and neutrons. A growing body of literature suggests that the principles underlying yoga—such as balance, energy flow, and mindfulness—may have significant implications for understanding the energetic interactions at the atomic level. Studies conducted by researchers in fields such as biophysics and quantum biology have indicated that the vibrational frequencies associated with yoga practices can influence cellular processes, potentially affecting the behavior of protons and electrons within the body. For instance, a study published in the *Journal of Alternative and Complementary Medicine* examined the impact of specific yoga postures on the electromagnetic fields of practitioners. The findings revealed that certain asanas could enhance the coherence of the body's energy field, suggesting a direct correlation between yoga and the stability of atomic structures. Additionally, research has shown that practices such as pranayama²² (breath control) can alter the respiratory and metabolic processes, leading to changes in the electron transport chain, which is crucial for cellular respiration and energy production.

2. Highlight Notable Findings and Their Implications

Notable findings from recent studies indicate that yoga may play a pivotal role in enhancing the health and functionality of protons, electrons, and neutrons within the human body. For example, research has demonstrated that regular yoga practice can lead to improved mental clarity and emotional²³ stability, which are believed to correlate with enhanced cognitive function at the atomic level. This is particularly relevant in the context of proton behavior, as protons are integral to the formation of stable atomic structures and, by extension, cellular integrity.

Moreover, the implications of these findings extend beyond individual health. By promoting a deeper understanding of how yoga influences atomic structures, researchers can contribute to the development of holistic health practices that integrate physical, mental, and energetic well-being. The potential for yoga to serve as a complementary therapy in managing chronic diseases, particularly those linked to cellular dysfunction, is an area ripe for exploration.

B. Potential for Future Research

1. Identification of Gaps in Current Literature

Despite the promising findings regarding the relationship between yoga and atomic structures, significant gaps remain in the current literature. Most studies have focused on the physiological and psychological²⁴ benefits of yoga, often neglecting the underlying atomic and molecular mechanisms that may drive these effects. Furthermore, there is a lack of interdisciplinary research that bridges the gap between traditional yogic philosophy and modern scientific inquiry. While some studies have begun to address these intersections, there is a pressing need for more comprehensive investigations that delve into the atomic interactions influenced by yoga practices.

2. Recommendations for Further Studies to Deepen Understanding

To deepen the understanding of the role of yoga in enhancing the proton, electron, and neutron of human

life, future research should adopt a multidisciplinary approach that encompasses physics, biology, and psychology. Recommended areas of focus include:

Interventional Studies: Conduct controlled trials that measure the impact of specific yoga practices on atomic behavior, utilizing advanced imaging techniques and bioenergetic assessments.

Longitudinal Research: Explore the long-term effects of sustained yoga practice on cellular health and atomic interactions, particularly in populations with chronic health conditions.

Theoretical Framework Development: Develop theoretical models that integrate yogic principles with quantum physics to provide a holistic understanding of energy dynamics within the human body.

Cross-Cultural Studies: Investigate how different styles of yoga and cultural interpretations of yoga influence atomic structures and health outcomes, potentially uncovering universal principles that transcend individual practices.

VII. Conclusion

A. Summary of Key Findings

In this exploration of the intersection between yoga and atomic theory, we have illuminated the profound impact that yoga practices can have on the fundamental aspects of human life, represented metaphorically by protons, electrons, and neutrons. These atomic components symbolize stability, vitality, and the energetic interactions that constitute our very being. Through yoga, practitioners experience a myriad of benefits, including enhanced physical strength (protons), mental clarity and emotional equilibrium (electrons), and a deep sense of grounding and connection with oneself and the universe (neutrons). This holistic approach acknowledges that the practice of yoga transcends physical postures, engaging the mind and spirit, thus resonating harmoniously with our atomic structure.

B. Implications for Practice and Health

The implications of these findings are significant for practical applications within the realm of holistic health. Incorporating yoga into daily wellness routines can serve as a powerful tool for enhancing overall well-being. Physical postures, breath control, and meditation not only improve physical fitness but also facilitate emotional resilience and mental acuity. As healthcare practitioners and wellness advocates promote the integration of such practices, it becomes evident that yoga can mitigate the stresses of modern life, offering a sanctuary where individuals can recalibrate their inner energies. Encouraging individuals to adopt yoga as a regular practice can foster a proactive approach to health, leading to improved quality of life and well-being.

C. Final Thoughts

Reflecting on the significance of exploring this novel intersection of yoga and atomic theory reveals the intricate relationship between our physical, mental, and spiritual domains. "The Role of Yoga in Enhancing the Proton, Electron, and Neutron of Human Life" serves as a compelling reminder that our existence is not merely a biological phenomenon, but a profound integration of energies that can be harmonized through mindful practices. By delving deeper into these connections, we not only enrich our understanding of yoga but also promote a more comprehensive approach to health and wellness that honors the totality of human experience. The continued exploration of such interrelated themes is essential in advancing our collective journey toward holistic living, inviting all to benefit from the transformative potential of yoga.

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