Are you 16-24 years old?

Do you want to improve your well-being with a breath-based practice?

The goal of our UCSF SKY (Sudarshan Kriya Yoga) study is to determine if this breath intervention is helpful in improving depression in adolescents and to understand its mechanisms through MRI imaging.

We are looking for depressed and non-depressed adolescents 16-24 years old to participate in a free online Campus SKY workshop, in which they will learn self-regulation skills (breathing, yoga-based movements, meditation) that can help them relax and better regulate emotions. Following the workshop, the group will meet once-per-week for 1 hour online via Zoom for 8 weeks.

Participants will also undergo some behavioral assessments and a 1-hour MRI scan before and after SKY intervention. MRI scans will take place at a state-of-the-art UCSF facility at Mission Bay. Participants will receive up to $250 in gift cards if they complete all parts of the study.

Please discuss with your parents and contact us for more information:

Wendy Ma, University of California, San Francisco
Email: wendy.ma@ucsf.edu

Prescreening Questionnaire