Impact of Inner Engineering yoga program on interpersonal relationships

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Introduction

Studies have shown that mindfulness interventions can improve relationship quality. While there has been research on the impact of mindfulness interventions on interpersonal relationships, there are limited studies investigating the impact of meditation and yoga interventions on this particular domain.

Hypothesis: The practice of Shambhavi Mahamudra Kriya – a 21-minute yoga practice – can improve overall wellbeing, interpersonal and relational outcomes.

Methods & Objectives

Study Design: Observational, Cross-sectional study
Participants: Individuals who are already registered for an Inner Engineering program to learn Shambhavi Mahamudra Kriya

Intervention: Shambhavi Mahamudra Kriya

Assessments: Positive and Negative Relationship Quality (PN-RQ)
Interpersonal Mindfulness Scale (IMS)

Recruitment → Baseline → Immediate Post-Program → 6 weeks

Qualitative: 1:1 semi-structured interviews were administered at week 6. Analysis pending

Results

PN-RQ: 4-item Positive Subscale

PN-RQ: 4-item Negative Subscale

Interpersonal Mindfulness Scale

Interpersonal Mindfulness Scale (Compliant vs. Non-Compliant)

Conclusions

After 6 weeks of practicing Shambhavi Mahamudra Kriya, participants’ interpersonal relationships were impacted in the following ways:

- Improved relationship quality
- Increased Interpersonal mindfulness
  - Significantly increased scores among participants who practiced consistently (at least 1x/day, 4x/week) for 6 weeks

References & Acknowledgements
