

## Introduction

Studies have shown that mindfulness interventions can improve relationship quality.<sup>12</sup> 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.**

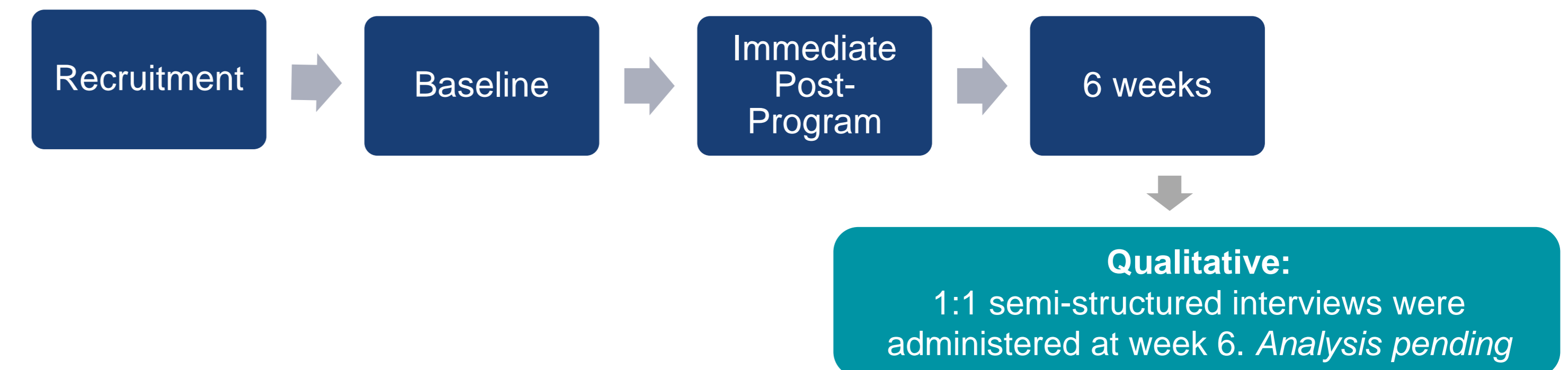
## Methods & Objectives

**Study Design:** Observational, Cross-sectional study

**Participants:** Individuals who are already registered for an Inner Engineering program to learn Shambhavi Mahamudra Kriya

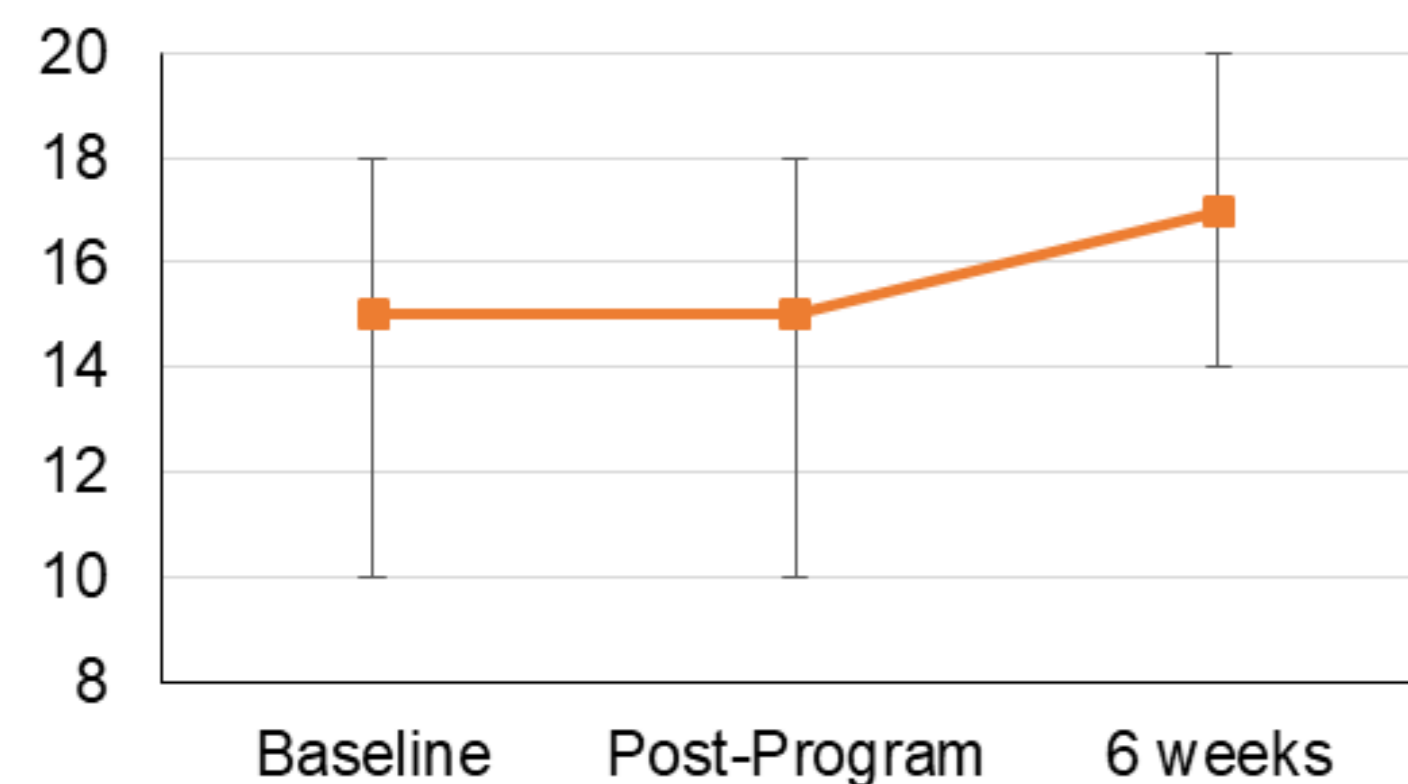
**Intervention:** Shambhavi Mahamudra Kriya

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

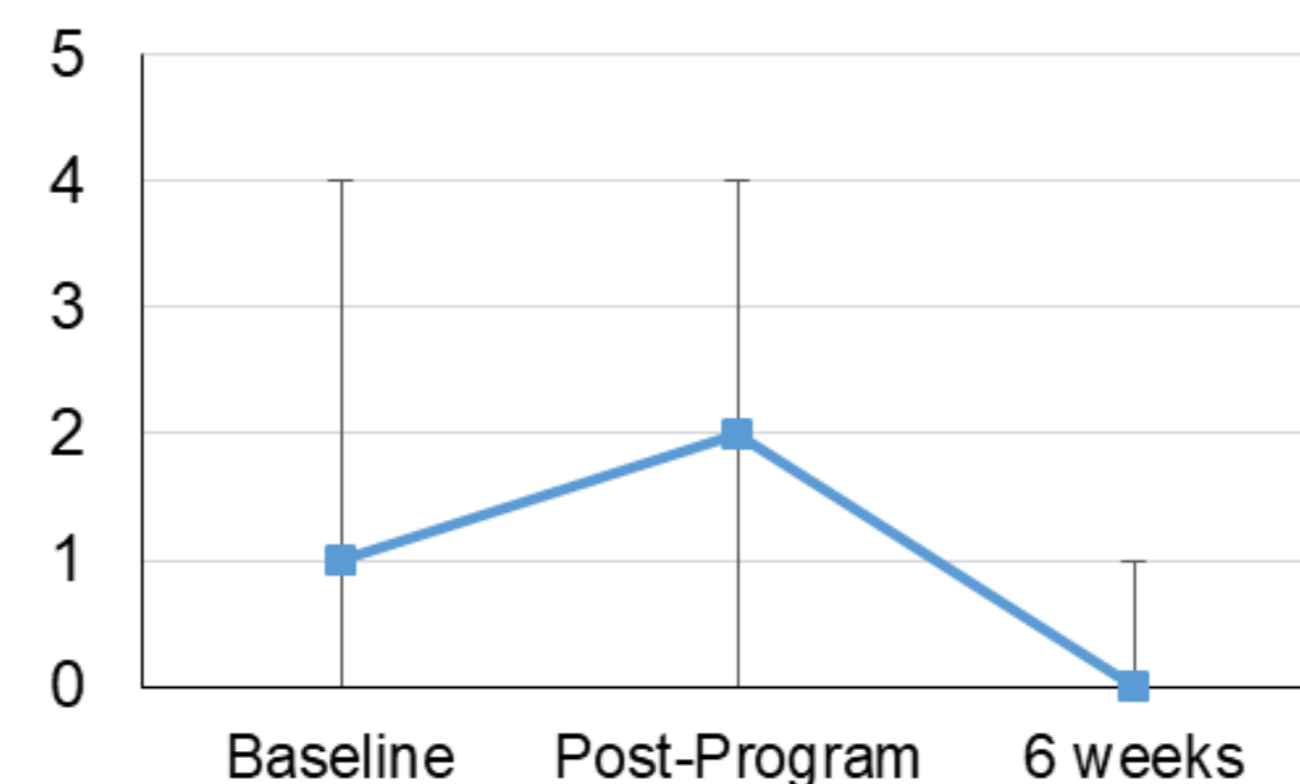


## Results

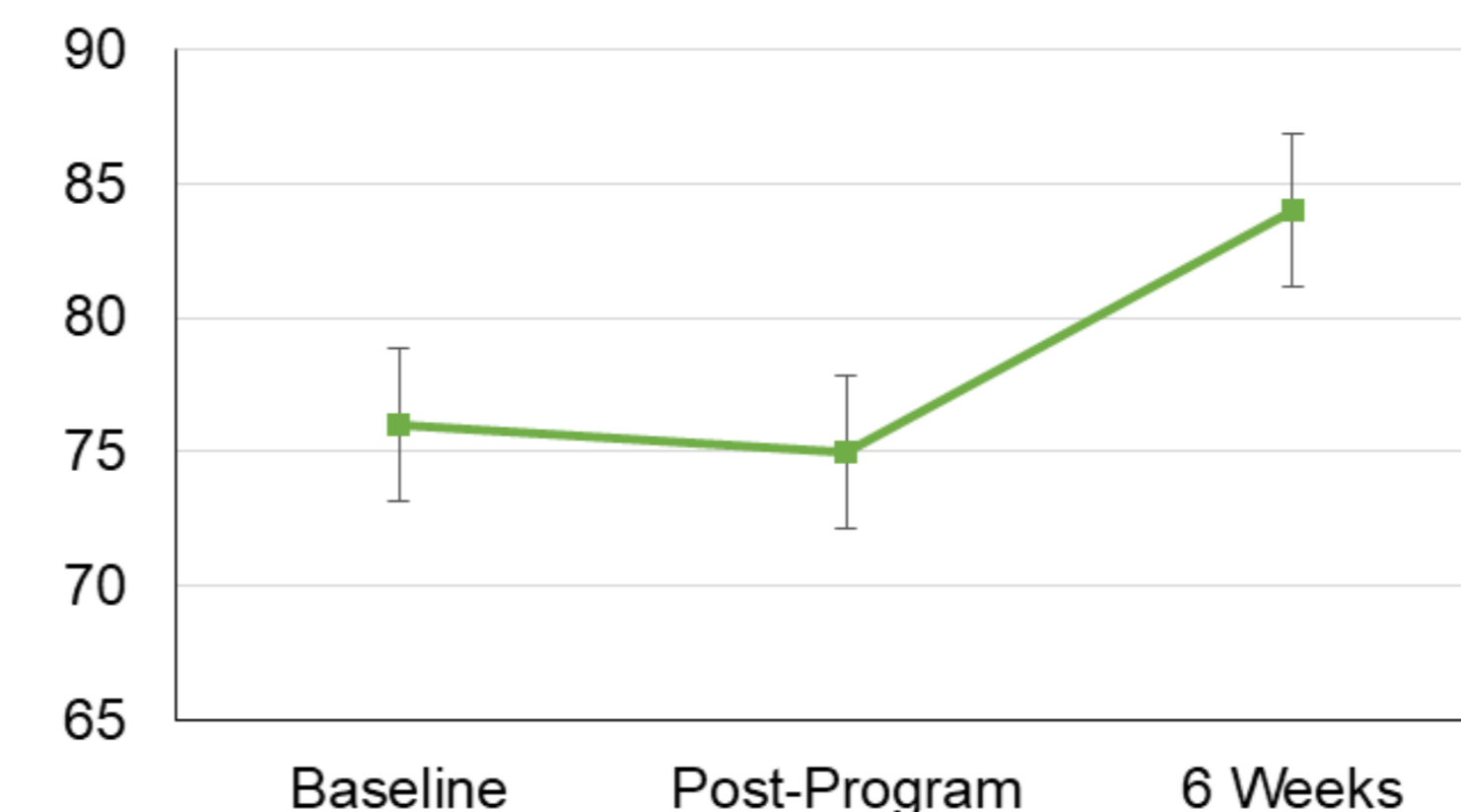
PN-RQ- 4-item Positive Subscale



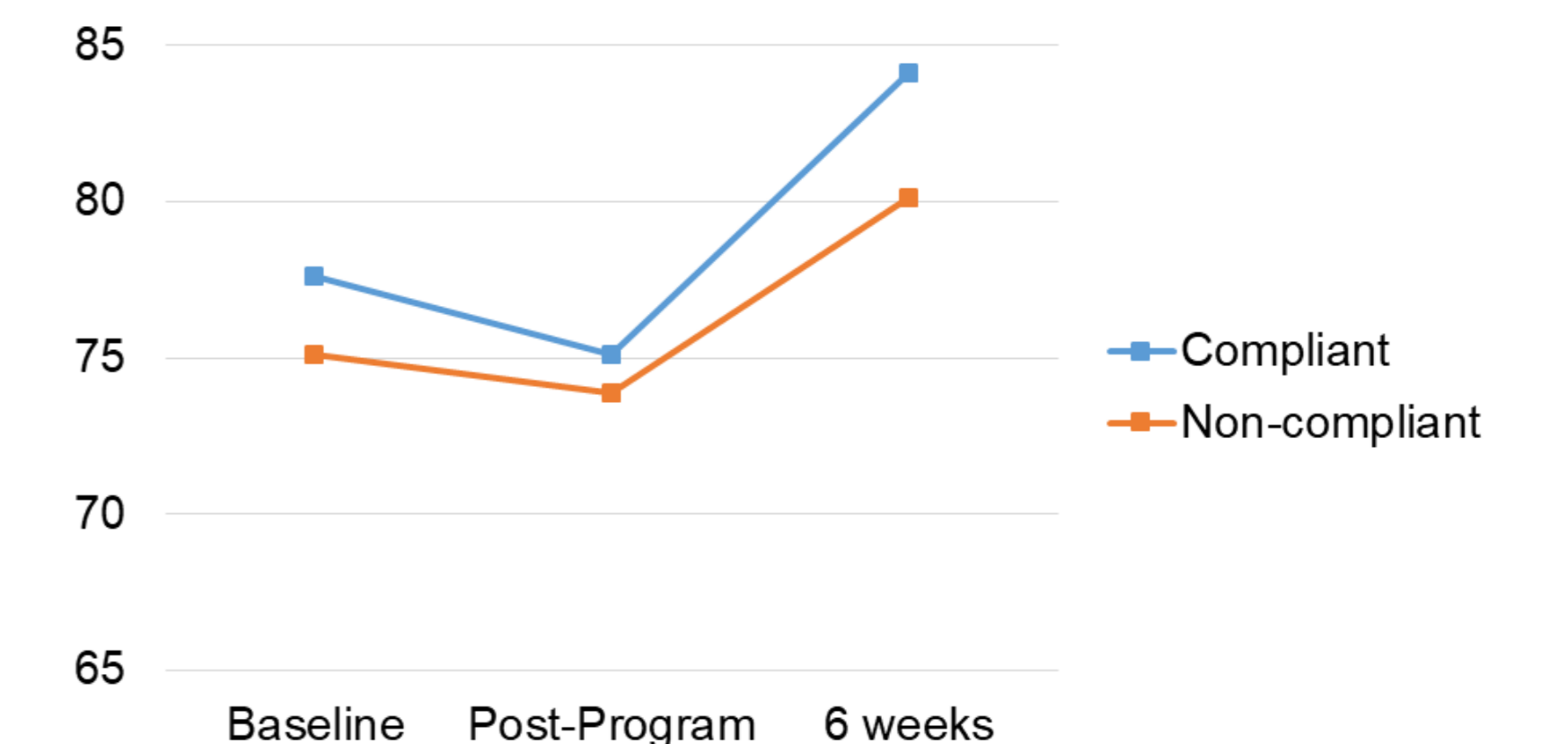
PN-RQ- 4-item Negative Subscale



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

<sup>1</sup>Khaddouma, A., Coop Gordon, K., & Strand, E. B. (2017). Mindful mates: A pilot study of the relational effects of mindfulness-based stress reduction on participants and their partners. *Family Process*, 56(3), 636–651. <https://doi.org/10.1111/famp.12226>

<sup>2</sup>May, Reinka, M. A., Tipsord, J. M., Felver, J. C., & Berkman, E. T. (2016). Parenting an Early Adolescent: a Pilot Study Examining Neural and Relationship Quality Changes of a Mindfulness Intervention. *Mindfulness*, 7(5), 1203–1213. <https://doi.org/10.1007/s12671-016-0563-3>