

Articles:

- 1) Chételat, G., Lutz, A., Arenaza-Urquijo, E. et al. **Why could meditation practice help promote mental health and well-being in aging?** *Alz Res Therapy* 10, 57 (2018).
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- 2) Stefan G. Hofmann, Ph.D, and Angelina F. Gomez, B.A.
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[Mindfulness-Based Interventions for Anxiety and Depression - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/30000000/)
- 3) Arkiath Veettil Raveendran, Anjali Deshpandae, Shashank R. Joshi.
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- 4) [Masoumeh Shohani, Gholamreza Badfar, Marzieh Parizad Nasirkandy, Sattar kaikhavani, Shoboo Rahmati, Yaghoob Modmeli, Ali Soleymani, Milad Azami.](#) **The Effect of Yoga on Stress, Anxiety, and Depression in Women.** *International Journal of Preventive Medicine* 2018;9:21.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5843960/>
- 5) Mrithunjay Rathore, and Jessy Abraham. **Implication of Asana, Pranayama and Meditation on Telomere Stability.** *International Journal of Yoga* 2018;11:186-93.
[Implication of Asana, Pranayama and Meditation on Telomere Stability - PMC \(nih.gov\)](https://pubmed.ncbi.nlm.nih.gov/30000000/)