

The effects of yoga on student mental health: a randomised controlled trial
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8114365/>

Reduce stress and the risk of burnout by using yoga techniques. Pilot study
<https://pubmed.ncbi.nlm.nih.gov/38699423/>

Yoga for Depressive Disorder: A Systematic Review and Meta-Analysis
<https://onlinelibrary.wiley.com/doi/10.1155/da/6071055>

A yoga intervention for young adults with elevated symptoms of depression
<https://pubmed.ncbi.nlm.nih.gov/15055096/>

Yoga as a Therapeutic Intervention: A Bibliometric Analysis of Published Research Studies from 1967 to 2013
<https://pubmed.ncbi.nlm.nih.gov/26196166/>

Yoga vs Cognitive Processing Therapy for Military Sexual Trauma–Related Posttraumatic Stress Disorder. A Randomized Clinical Trial
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2812725>

Book: Yoga Skills for therapists
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