

## Breathwalk® and Fibromyalgia: A University of Utah Research Study

The Kundalini Research Institute will soon be funding an exciting new research project at the University of Utah. Fibromyalgia, an often debilitating disease that leads to depression, sleep disturbance, and pain, is an elusive illness that is difficult to treat with conventional methods. Dr. David Bradshaw is initiating a pilot investigation into the possible treatment efficacy that Breathwalk® may provide to patients who live with this life-disrupting disorder.

Breathwalk® is an innovative yogic technique that was developed by Yogi Bhanan and Dr. Gurucharan Singh Khalsa. It combines the simple exercise of walking with specific breath patterning and meditative awareness. The study seeks to compare this method to simply walking alone, in order to determine any effects that Breathwalk® may have on the reduction of fibromyalgia symptoms. The study is very well designed and is likely to lead to larger future studies that will tease out the exact aspects of Breathwalk® that contribute to the healing process.

This study, and others like it, has the capacity to contribute greatly to the body of knowledge on pain disorders, as well as the overall body of literature regarding the powerful effects of Kundalini Yoga. By investigating these mind-body-spirit practices, researchers are furthering the frontier of science, medicine and the behavioral arts so that patients may cultivate healthy, happy, holy lives.

The University of Utah has agreed to match any funds that KRI can raise toward this research project. Our initial goal is \$25,000. If you would be interested in helping fund this research project, or others, please contact us.