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May 23, 2012

Nirvair Singh Khalsa, CEO
Kundalini Research Institute
P.O. Box 1819
Santa Cruz, NM 87567

Dear Nirvair Singh,

We are pleased to submit to you this report on the outcomes of the study "Exercise walking for treating the symptoms of fibromyalgia: a pilot study" that was supported in part by a grant from KRI. The study compared two exercise regimens, Breathwalk and a standard exercise walking protocol in 40 fibromyalgia (FMS) patients. We collected a battery of self-assessment measures as well as physiological indicators. Results of the self-assessment measures used to evaluate symptoms of FMS showed improvements on indicators of pain, fatigue and sleep, on indicators of attitudes towards pain, and on feelings of pain self-control. Physiological indicators suggested increased ability to relax and improved physical conditioning using Breathwalk compared with standard exercise walking. Together, our findings suggest that Breathwalk is more effective than walking for exercise for managing symptoms of FMS.

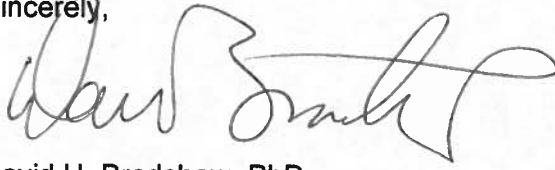
We have prepared a manuscript detailing results of the study for self-assessment measures of FMS symptoms that we are submitting for publication to a high impact journal on pain a fibromyalgia (attached). We have reported on the results of the physiological indicators in several poster and oral presentations (detailed below) presented at national and international meetings. We are currently preparing a manuscript of these results that we will be submitting for publication. Data from this research has been included in support of two proposals for research funding submitted to the National Institutes of Health (NIH) and in a third proposal to NIH that will be submitted next month.

In addition to the research supported, the funding from KRI made it possible to introduce Breathwalk training to more than a half dozen instructors in Utah and elsewhere. Breathwalk is now being used as a therapeutic tool in the practices of two physical therapy practitioners who participated in the instructor training, and classes are now being taught regularly in the Salt Lake City area. One trainee from New York City is now conducting regular Breathwalk classes there.

We greatly appreciate the support that KRI has provided for the conduct of this research. We were very encouraged by the results of this work and have great hopes that we will

be successful in gaining funding to continue our research to further develop applications of Breathwalk for relief of symptoms of chronic pain and other health conditions.

Sincerely,

A handwritten signature in black ink, appearing to read "David Bradshaw". The signature is fluid and cursive, with a large, sweeping flourish at the end.

David H. Bradshaw, PhD

Presentations (National and International)

Bradshaw DH. (2011). Effects of engagement, exercise, and meditation on pain in acute and chronic conditions. Interdisciplinary Society for Quantitative Research in Music and Medicine Inaugural Conference, Ogden, UT.

Malhotra R, **Bradshaw DH.** (2011). The effects of exercise walking on cortisol levels in patients with fibromyalgia syndrome. Poster presented at the annual *Research Posters on the Hill*, Salt Lake City, UT.

Malhotra R, **Bradshaw DH.** (2011). The effects of exercise walking on cortisol levels in patients with fibromyalgia syndrome.. Poster presented at the 5th Annual Utah Conference on Undergraduate Research, Weber State University, Ogden, UT.

Bradshaw DH, Malhotra R. (2011). Effects of Breathwalk and standard walking on stress responses in fibromyalgia patients. International Association of Yoga Therapists Symposium on Yoga Research, Lenox, MA. (withdrawn).

Presentations (Regional and Local)

Bradshaw DH. (2011). Breathing, meditation, and chant for relief of stress and pain. Salt Lake City Veterans Administration Health Care System Geriatric Research Education for Clinical Care Symposium on Pain in Older Adults: Update.

Bradshaw DH. (2011). Effects of exercise and relaxation on symptoms of fibromyalgia. Pain Research Center Didactic Lecture Series, University of Utah, Salt Lake City, UT.

Research Grant Funding Proposals

Cardiorespiratory, autonomic and endocrine mechanisms of benefit in hypertension. NIH R01 four-year grant (\$1.25 million).

Consequences of slow, deep breathing on respiratory, cardiovascular, and autonomic systems. NIH F33 two-year grant (\$150,000).

Improving individualized assessment and treatment in fibromyalgia: cognitive behavioral therapy, meditation, and yoga. NIH R34 three-year grant (\$500,000)