



## Yoga Resources

*Ganja Yoga* by Dee Dusseault to be published April, 2017

*Cannabis and the Soma Solution* by Chris Bennett, 2010

“MAP Training: Combining Meditation and Aerobic Exercise Reduces Depression and Rumination While Enhancing Synchronized Brain Activity”

[http://www.nature.com/tp/journal/v6/n2/full/tp2015225a.html?version=meter+at+1&module=meter-Links&pgtype=Blogs&contentId=&mediald=%25%25ADID%25%25&referrer=http://well.blogs.nytimes.com/2016/06/01/yoga-may-be-good-for-the-brain/%3F\\_r%3D1&priority=true&action=click&contentCollection=meter-links-click](http://www.nature.com/tp/journal/v6/n2/full/tp2015225a.html?version=meter+at+1&module=meter-Links&pgtype=Blogs&contentId=&mediald=%25%25ADID%25%25&referrer=http://well.blogs.nytimes.com/2016/06/01/yoga-may-be-good-for-the-brain/%3F_r%3D1&priority=true&action=click&contentCollection=meter-links-click)

“Stretching Impacts Inflammation Resolution in Connective Tissue”

<https://www.ncbi.nlm.nih.gov/pubmed/26588184>

“Antidepressant-like and Anxiolytic-like Effects of Cannabidiol: A Chemical Compound of Cannabis Sativa” <https://www.ncbi.nlm.nih.gov/pubmed/24923339>

“Understanding the Stress Response” <http://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

“Cortisol and Antidepressant Effects of Yoga”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768222/>