**Research Paper: Yoga for a Specific Health Condition / 10 points**

**Foundations of Yoga**

Choose one of the following health conditions:

1. Heart Disease

2. Cancer

3. Asthma

4. Anxiety

5. Depression

6. Arthritis

Define the health condition (or the aspect of the health condition you have chosen to focus on) to the best of your ability with the help of library resources and credible internet resources. Please list complete details of your sources in an attached bibliography. (2 points)

Review a minimum of two peer reviewed scientific journal articles on yoga research related to your topic. Review abstracts to help narrow your search. Once you find the articles of interest, READ THE FULL TEXT ARTICLE. Sometimes the full text is easily available on search sites.

To the best of your ability summarize the objective, methods/design, and results/conclusion of two journal articles on your topic. (8 points)

Google Scholar might be a good place to begin your search!

Please type your final paper using a minimum 10-point font, single or double spaced. Minimum length is one page, and maximum length is three pages. Please submit as a Word document.