

Title: Yoga for Stutters

Researcher:

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Abstract:

The purpose of this study is to view the effects of a six-week intervention involving yoga, pranayama and meditation on the reported frequency of stuttering. The intervention will address sympathetic vs. parasympathetic activation channels and will attempt to manipulate the activation of the parasympathetic system through the use of breathing and meditation.

The study will pose the following questions:

Is a six- week intervention of yoga, pranayama and meditation associated with a decrease in the number of self-reported stuttering events?

Is the intervention associated with improved reactions to stuttering events?