

SKY BREATH MEDITATION AS A COMPLEMENTARY CLINICAL PRACTICE IN CHILD AND YOUTH MENTAL HEALTH

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BACKGROUND

Approximately 1 in 5 children and youth experience mental health challenges, including anxiety, depression, emotional dysregulation, and attention difficulties.

OBJECTIVE:

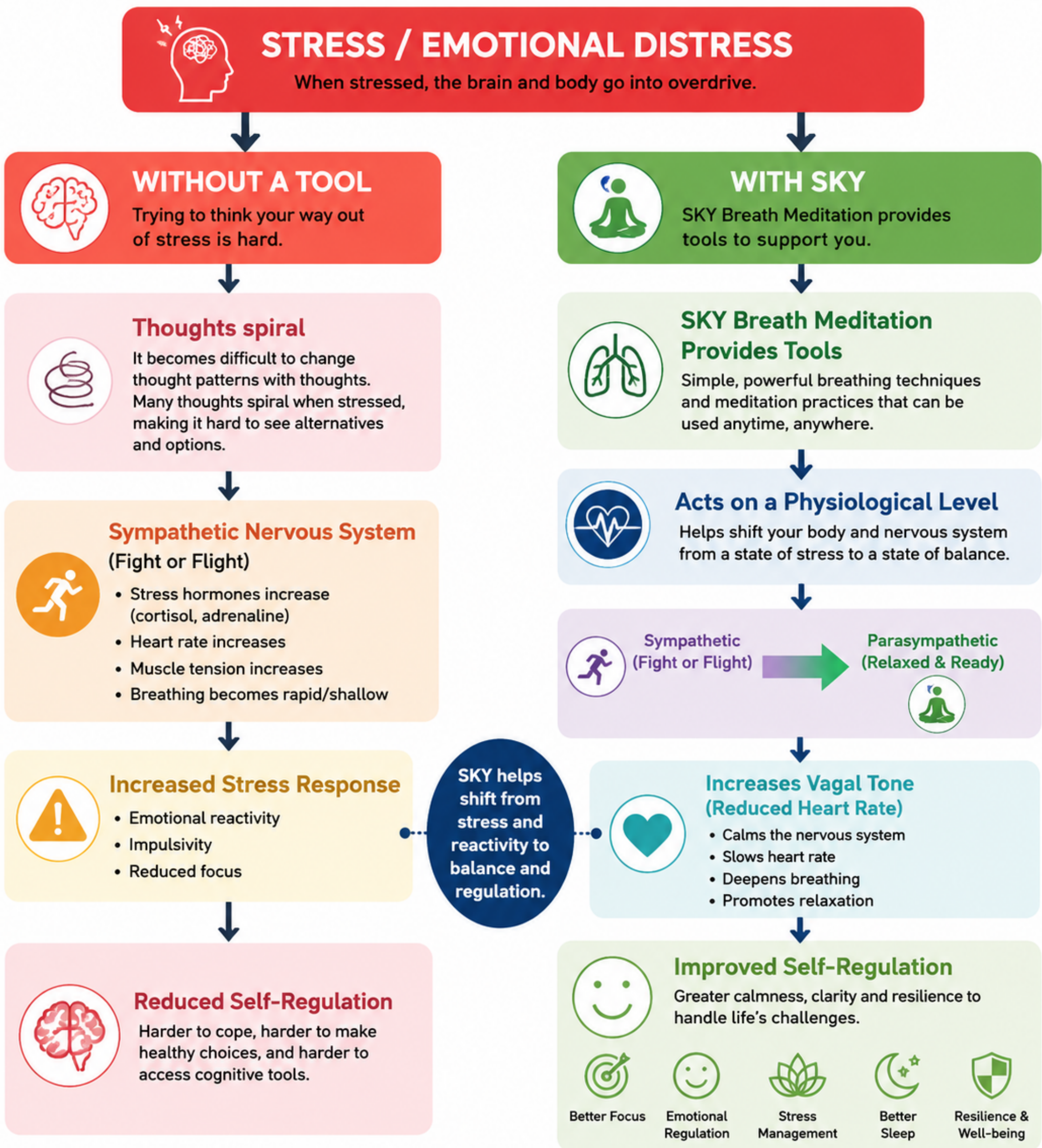
To explore SKY Breath Meditation as a complementary, non-pharmacological intervention that supports self-regulation, emotional well-being, and resilience in children and youth.

WHY SELF-REGULATION?

- Supports emotional regulation
- Improves attention and focus
- Builds resilience and coping skills
- Enhances social and behavioral functioning
- Provides a lifelong tool children and families can use independently

WHAT IS SKY BREATH MEDITATION?

- Evidence-based breathwork and meditation program
- Combines specific breathing techniques and meditation practices
- Suitable for children, youth, and families



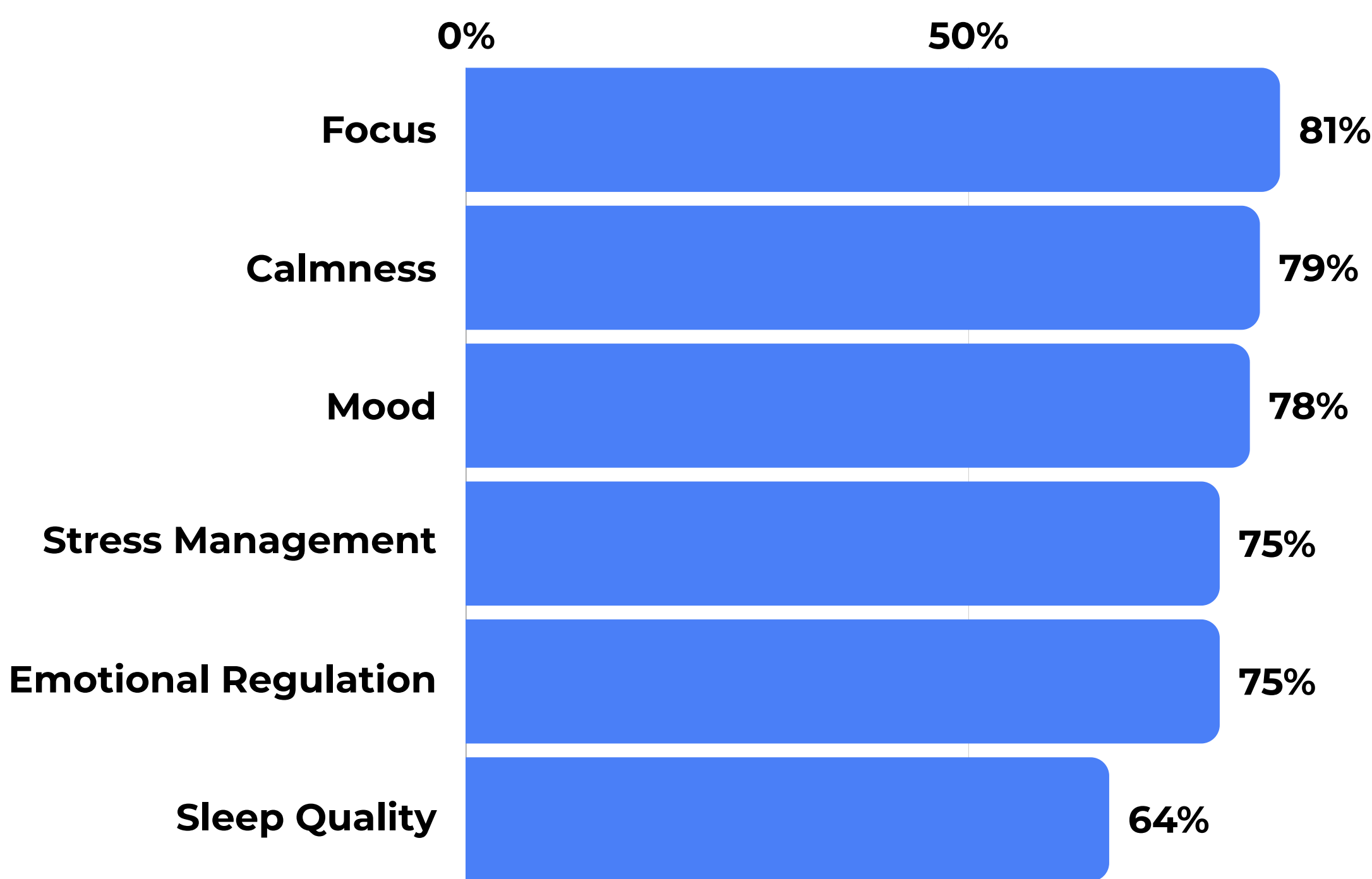
TAILORING DOSE, DURATION & FREQUENCY:

- Duration:** 10–20 minutes per day, adjusted based on age and attention capacity
- Frequency:** Daily practice or clinician-guided sessions
- Training:** Core techniques can be learned in approximately one week
- Delivery:** In-person or online formats
- Flexibility:** Can be adapted to individual, group, inpatient, and outpatient settings
- Higher participation and practice dosage may be associated with stronger outcomes**

CONTACT INFORMATION
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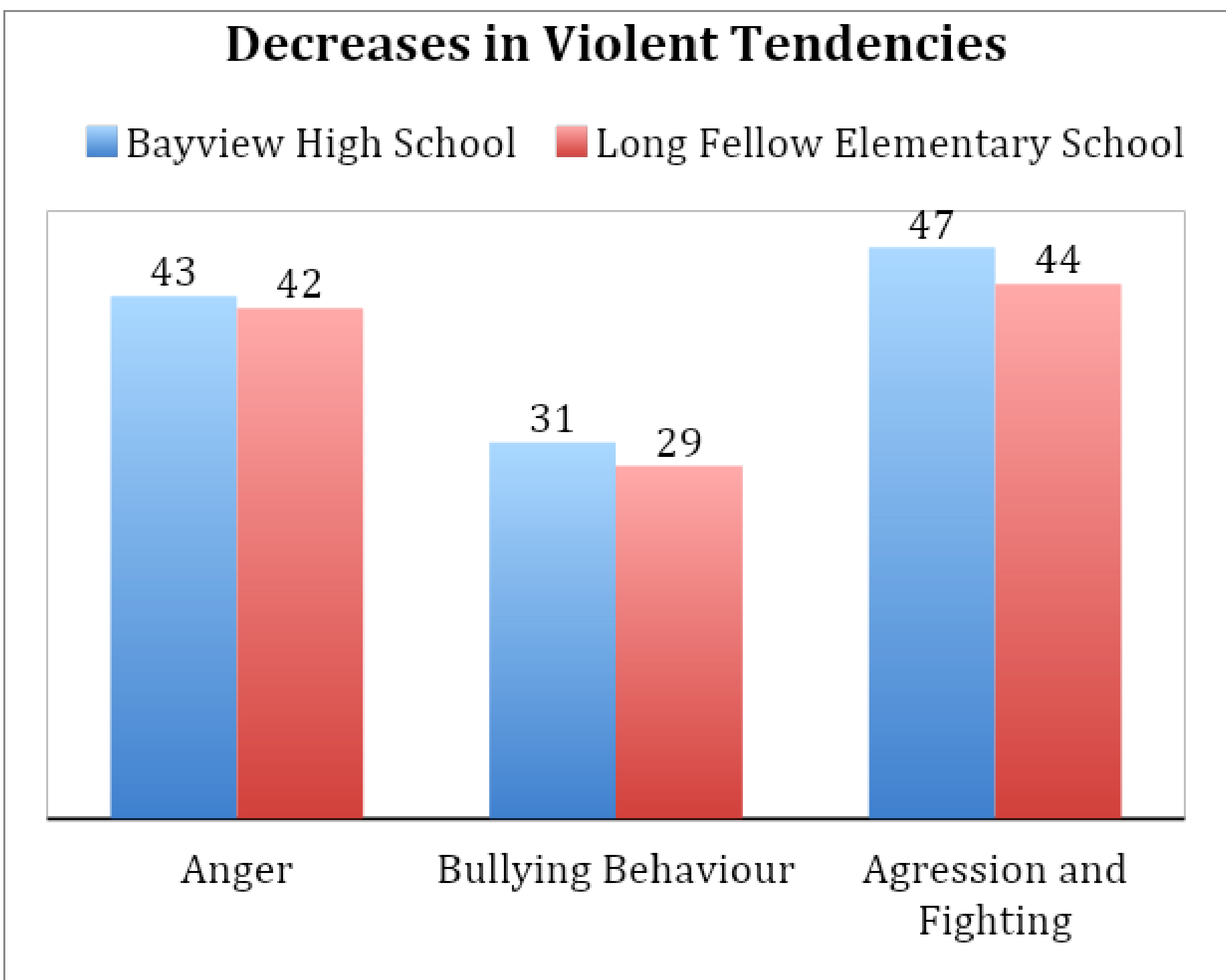
PUBLISHED EVIDENCE SUPPORTING SKY BREATH MEDITATION

- Research across five geographically distinct schools found that students reported improvements in emotional well-being, self-regulation, focus, stress management, and sleep following participation in SKY Schools programming.
- Reported benefits were observed across multiple domains of mental health and functioning, with stronger outcomes associated with higher program participation and practice dosage.
- The chart below summarizes the highest reported percentage improvements across participating schools.



KEY MENTAL HEALTH & WELL-BEING OUTCOMES

- Up to 81% reported improved focus
- Up to 79% reported increased calmness and relaxation
- Up to 75% reported better stress management and emotional regulation
- Up to 64% reported improved sleep quality



KEY BEHAVIORAL OUTCOMES

- 42–43% reported decreased anger
- 29–31% reported decreased bullying behaviours
- 44–47% reported decreased aggression and fighting
- 41–58% reported increased caring and cooperative behaviour
- 60% reduction in disciplinary infractions among high school students

CLINICAL APPLICATIONS

Inpatient Settings

- Brief guided sessions incorporated into daily programming
- Supports emotional regulation and stress reduction
- Provides a practical self-regulation strategy during admission
- Can complement existing therapeutic interventions

Outpatient Settings

- Reinforces skills learned in therapy
- Encourages independent home practice
- Promotes family involvement and long-term self-management

CONCLUSIONS

- SKY Breath Meditation is a feasible, safe, and accessible complementary intervention.
- Published evidence suggests improvements in focus, emotional regulation, stress management, well-being, sleep, and behavioural outcomes.
- The flexibility of duration and frequency allows integration across child and youth mental health settings.
- SKY Breath Meditation may help empower children, youth, and families with lifelong self-regulation skills.