

**227 EFFECTS OF YOGA ON ANXIETY AND DEPRESSION IN WOMEN**

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**Purpose** The purpose of this study was to examine the influence of yoga on anxiety and depression in Shirazian women. Anxiety and depression are illnesses that increasing in incidence worldwide. They have a profound effect on an individual's physical, emotional, mental and spiritual capacities. It seems that alternative medical systems such as yoga practice can be used for these disorders.

**Method** Thirty-four Shirazian women age 34± volunteer participated in this study and were divided randomly in two control and experimental groups. Exercise protocol included 16 sessions Hata Yoga in the experimental group was carried out. The two training sessions a week and each session 90 M were performed. DASS questionnaire was used to assess anxiety and depression.

**Results** Overall findings showed that anxiety and depression significant difference between pretest and post-test experimental group. Also, test anxiety and depression between the experimental and control groups at  $p < 0.05$  was a significant difference.

**Conclusion** The principle aim of this study was investigating the effect of Hata Yoga practices on anxiety and depression.

Anxiety and depression are illnesses which are increasing in incidence worldwide, have a profound effect on an individual's physical, emotional, mental and spiritual capacities, and affect the community as a whole because of reduction persons, ability to perform. Not only does a person's ability to enjoy life decrease, but their ability to work, to fulfil their roles as spouse or parent, and to contribute to their community become impaired. As the result of this study and other similar studies yoga practice has benefits for the management of the symptoms of these illnesses, and can create balance in the physical, emotional, mental and spiritual capacities of individuals, so it can be used as alternative health practice to prevent depression and anxiety.