



4,000 years later,  
the original purpose of yoga  
is relevant . . .



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॥ OM ॥

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Research Article

## Effectiveness of Yoga for Hypertension: Systematic Review and Meta-Analysis

Marshall Hagins,<sup>1</sup> Rebecca States,<sup>1</sup> Terry Selfe,<sup>2,3</sup> and Kim Innes<sup>2,4</sup>

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This article is part of the Research Topic  
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MINI REVIEW ARTICLE

Front. Psychiatry, 23 April 2014 | doi: 10.3389/fpsy.2014.00040

## Meditation as a therapeutic intervention for adults at risk for Alzheimer's disease – potential benefits and underlying mechanisms

Kim E. Innes<sup>1,2\*</sup> and Terry Kit Selfe<sup>1,2</sup>

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- **Announcement**

- Morgantown, West Virginia, April 13, 2014
- Cheat Canyon will be protected for future generations



To accomplish great things, we must not only act,  
but also dream;  
not only plan, but also believe. - *Anatole France*