**EFFECTS OF A YOGA INTERVENTION IN REDUCING JOB STRESS AND CARDIOVASCULAR DISEASE RISK FACTORS**

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**Objective:** The purpose of this study was to evaluate the effects of yoga program provided to workers in small businesses to reduce job stress and cardiovascular disease (CVD) risk factors. **Method:** A non-equivalent control group pre-post-test design was used. The experimental group (n = 31) was assigned a yoga program consisting of 11 yoga postures designed for meditation, strengthening, stretching and balancing, given twice weekly for 12 weeks. The control group (n = 38) was given no other intervention. Psycho-social variables (depression and job stress), health-related quality of life, body measurements (weight, waist and hip circumference), and biological factors (blood pressure, glucose, total cholesterol, triglyceride, high-density and low-density lipoprotein cholesterol) were measured for the program evaluation.

**Results:** The yoga program was effective in improving waist circumference, high blood pressure, HDL cholesterol level, and job stress as compared to the control group, when evaluated 4 months after the intervention program.

**Conclusion:**a yoga program could be a useful intervention for workers with job stress and CVD risk. However, this was a short term study. Future research is needed to investigate how the long-term outcomes of such interventions.