

Special Issue

Yoga and Mindfulness Interventions for Health and Well-Being in Different Populations

Message from the Guest Editor

This Special Issue of *Healthcare* aims to foster discussions on up-to-date scientific data in this area. We therefore invite authors to submit original research and/or specific reviews (or opinion papers encouraging new perspectives) that improve the understanding of “Yoga and Mindfulness Interventions for Health and Well-Being in Different Populations”. Papers that address novel outcomes obtained using traditional interventions (e.g., hatha yoga, MBSR) or emerging techniques (e.g., Yoga Nidra, MSPE) in populations such as workers, students, athletes, recreationally active people, coaches, etc., are welcome. I look forward to receiving your contributions.

Guest Editor

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About the Journal

Message from the Editor-in-Chief

Healthcare is an international, scientific, peer-reviewed, open access journal on health care systems, industry, technology, policy, and regulation, and is published semimonthly online by MDPI. Ocular Wellness & Nutrition Society (OWNS) is affiliated with Healthcare and its members receive discounts on article processing charges.

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