

Nēhiyaw Yoga: Biomedical intervention in on-reserve Indigenous communities

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This paper concerns the application of biomedical yoga intervention on sleep health in on-reserve Indigenous populations in Treaty 6 territory (rural Saskatchewan, Canada). Following a decade-long research relationships with rural Indigenous communities, and as part of a large-scale study of First Nations' sleep health, our research team has designed and is implementing yoga interventions appropriate to the nēhiyaw communities (Willow and Woodland Cree) on two rural reserves. This paper discusses the strategy and ethical considerations for applying the practice of postural, breath-based, and meditative yoga to rural Indigenous populations.

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