

# Benefits, Barriers, and Cues to Action of Yoga Practice: A Focus Group Approach

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**Objectives:** To explore perceived benefits, barriers, and cues to action of yoga practice among adults. **Methods:** Focus groups were conducted with persons who had never practiced yoga, practitioners of one year or less, and practitioners for more than one year. The Health Belief Model was the theoretical foundation of inquiry. **Results:** All participants acknowledged a variety of benefits of yoga. Barriers outweighed ben-

efits among persons who had never practiced despite knowledge of benefits. Positive experiences with yoga and yoga instructors facilitated practice. **Conclusions:** Newly identified benefits and barriers indicate the need for quantitative research and behavioral trials.

**Key words:** yoga, benefits, barriers, cues to action, health belief model

*Am J Health Behav.* 2009;33(1):3-14

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