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“THE PROGRAM AFFECTS ME ‘CAUSE IT GIVES AWAY STRESS”:
URBAN STUDENTS' QUALITATIVE PERSPECTIVES ON STRESS
AND A SCHOOL-BASED MINDFUL YOGA INTERVENTIONSTRESS AND
MINDFULNESS IN URBAN SCHOOLS

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Running Head: STRESS AND MINDFULNESS IN URBAN SCHOOLS

**“The program affects me ‘cause it gives away stress”: Urban Students’ Qualitative
Perspectives on Stress and a School-Based Mindful Yoga Intervention**

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