

Flowing in the Path of Flourishing: Implementing a PERMA-Vinyasa Yoga Wellness Program

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ABSTRACT

This study examined the effects of a five-week wellness program integrating Vinyasa Yoga and PERMA-based activities on well-being. Utilizing a sequential explanatory mixed-methods design, participants' flourishing was assessed using the Flourishing Scale before and after the intervention. Paired t-test results indicated significant improvements in well-being scores. Subsequent narrative interviews with participants demonstrating the highest gains revealed themes of increased mindfulness, stress reduction, emotional resilience, and strengthened social connections. Findings suggest that combining mind-body practices with positive psychology strategies effectively enhances flourishing. These results offer valuable implications for developing holistic mental health and public health interventions that integrate embodied practices with evidence-based well-being strategies.

Keywords: Vinyasa yoga, PERMA model, well-being, positive psychology, wellness program

Positive Psychology has shifted the focus of mental health research from simply reducing negative emotions to actively enhancing well-being and flourishing (Seligman, 2011). Central to this field is the PERMA model, which outlines five pillars of well-being: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. While much research has explored each of these components individually, limited studies examine how specific activities may promote them in a holistic, structured manner.

Vinyasa yoga—an increasingly popular form of mind-body practice—offers a unique intersection with these pillars. Rooted in ancient Indian philosophy, Vinyasa yoga builds physical, mental, and emotional well-being through dynamic movement, breathwork, and meditative awareness (Cramer et al., 2016). Studies show its rising popularity, particularly among young adults, who are drawn to its physical benefits and stress-relieving qualities. As both a researcher and yoga instructor, the author has observed similar patterns, motivating deeper academic inquiry.

Although research has demonstrated yoga's ability to reduce symptoms of depression, anxiety, and stress (Woolery et al., 2004; Streeter et al., 2010), less is known about its potential to promote positive psychological functioning. Studies by Akdeniz et al. and Ross and Thomas (2010) highlight the positive physical and emotional outcomes of consistent yoga practice, but few explore how Vinyasa yoga may directly align with the PERMA model's components—such as increased engagement, improved relationships, and a greater sense of meaning.

With this gap in mind, the present study seeks to design and evaluate a five-week wellness program that integrates Vinyasa yoga and activities aligned with the PERMA model. Using a mixed-methods approach, the study aims to assess participants' levels of well-being before and after the intervention, while also exploring their lived experiences of the program. The findings aim to contribute to the literature on positive psychology, offer practical strategies for wellness promotion, and serve as a foundation for future, integrative mental health programs targeting emerging adults.

Psychological well-being has long been recognized as a multidimensional construct shaped by physical health, social relationships, purpose, and resilience. High levels of well-being contribute not only to reduced risk of chronic illness but also to enhanced emotional regulation and life satisfaction across the lifespan (Kusz et al., 2020). Defined by emotional positivity, autonomy, meaningful connections, purpose, and personal growth,

psychological well-being is central to overall health and longevity (Dhanabhakyaam et al., 2023; Pollastri et al., 2023). Studies on university students have shown that those facing academic pressures often experience threats to their psychological well-being; however, individuals who possess a strong sense of purpose and self-acceptance are generally better equipped to navigate life challenges (Rodríguez et al., 2023; Sandoval et al., 2023).

Yoga has emerged as a holistic practice that offers both physical and psychological benefits. As a mind-body discipline, yoga promotes mindfulness, emotional balance, and stress reduction by activating the parasympathetic nervous system and increasing neurotransmitters such as GABA and endorphins (Cramer et al., 2016). Research indicates that regular yoga practice supports improved sleep, self-esteem, flexibility, and cardiovascular health (Ross & Thomas, 2010). The incorporation of philosophical principles such as ahimsa (non-violence) and satya (truthfulness) may further enhance practitioners' emotional resilience and self-respect. Vinyasa yoga, a dynamic style characterized by fluid movement synchronized with breath, has gained popularity among young adults for its physically engaging and meditative qualities. The continuous sequencing of poses may promote joy, vitality, and flow—a state of deep immersion in activity described by Csikszentmihalyi (1990). Studies show that participants in flow-based yoga practices report heightened positive affect, and group-based classes foster social connection and belonging (Park et al., 2016). Spiritual or meaning-oriented elements sometimes present in Vinyasa classes may further cultivate purpose and emotional growth (Wachholtz & Pargament, 2005).

Rooted in the shift toward understanding human flourishing rather than merely treating pathology, positive psychology emerged in the late 1990s under the leadership of Dr. Martin Seligman. It focuses on the strengths, traits, and interventions that contribute to optimal well-being. Central to this field is the PERMA model—Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment—offering a holistic approach to defining and cultivating well-being (Butler & Kern, 2016; Seligman, 2011). Research in positive psychology emphasizes actionable strategies such as savoring positive experiences, nurturing strengths, fostering connection, and practicing gratitude, which have shown lasting effects on life satisfaction and reduced depressive symptoms.

The intersection between yoga and positive psychology represents a growing area of research interest. Although limited studies directly link Vinyasa yoga to the PERMA framework, existing literature suggests that yoga may influence multiple PERMA elements. For example, yoga fosters positive emotions through relaxation and mindful awareness; supports engagement and flow through dynamic sequencing; enhances relationships through shared group practice; promotes meaning through philosophical reflection; and nurtures accomplishment as practitioners witness their own physical and personal growth (Impett et al., 2006; Gaiswinkler & Unterrainer, 2016; Birdee et al., 2009).

Flourishing has emerged as a central focus in contemporary well-being research, yet its conceptual complexity makes it difficult to fully define and measure. Flourishing encompasses well-being, positive emotions, life satisfaction, and psychological functioning, each containing several sub-components. Early studies such as Fredrickson and Losada (2005) highlighted the role of positive emotions in flourishing, though later critiques questioned the mathematical basis of their model. Still, the core idea persists: individuals who flourish tend to experience more frequent positive emotions relative to those who do not.

Despite the growing popularity of yoga as a holistic health practice, research on its connection to flourishing—especially through the lens of the PERMA model—remains limited. Existing studies often focus on general health benefits or specific emotional outcomes of yoga, yet few systematically examine how yoga practice influences all five elements of PERMA: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment. Even fewer studies have explored Vinyasa yoga in depth, despite its widespread adoption among young adults due to its fluid and dynamic movement patterns.

This gap highlights the need for a comprehensive investigation that combines Vinyasa yoga with PERMA-related activities in a structured wellness program. By integrating these two approaches, the present study aims to assess whether the embodied practice of Vinyasa yoga can enhance key components of flourishing.

Another gap lies in methodology. While many studies use quantitative measures to evaluate yoga's impact on well-being, fewer incorporate qualitative methods to capture the lived experience of participants. Quested et al.

(2011) emphasized the value of mixed-methods research in exercise psychology, demonstrating how qualitative insights enrich and deepen interpretation of quantitative findings. This present study addresses that call by combining pre- and post-assessments with in-depth interviews to explore both measurable outcomes and personal experiences of well-being. In response to these gaps, this study seeks to examine how Vinyasa yoga, when practiced alongside PERMA-aligned activities, may contribute to flourishing. This dual approach not only advances theoretical understanding in positive psychology but also offers practical implications for designing more holistic wellness programs. This study, grounded in the PERMA model, developed a wellness program featuring two distinct interventions to evaluate their effects on participant well-being. The PERMA model outlines five core components of psychological flourishing: positive emotions, engagement, relationships, meaning, and accomplishment.

This study sought to compare the effects of Vinyasa Yoga and PERMA-based activities on overall flourishing and on each PERMA element. Specifically, it aimed to evaluate the pre-test and post-test well-being scores of participants in the Vinyasa Yoga (Group 1) and PERMA Activity (Group 2) groups. Beyond the quantitative measures, the study explored participants' lived experiences, focusing on their most significant moments during the wellness program. Key areas of inquiry included how the interventions influenced their ability to experience positive emotions throughout the day, improved focus outside of sessions, and affected interactions with family, friends, and colleagues. Furthermore, the study examined whether these activities helped participants connect with a deeper sense of purpose and how the program influenced their sense of achievement toward personal goals. The research was grounded in the assumption that the wellness program would positively influence psychological well-being. Positive psychology focuses on helping individuals live meaningful, fulfilling lives by enhancing strengths, positive emotions, relationships, engagement, meaning, and accomplishment (PERMA). Unlike traditional psychology, which often targets mental illness, positive psychology aims to cultivate well-being and human flourishing. In a Vinyasa yoga and PERMA-based wellness program, each PERMA element aligns with specific practices: positive emotions arise from relaxation and gratitude activities; engagement develops through mindful movement and challenging sequences; relationships are strengthened through partner and group activities; meaning is fostered through mindfulness and purpose-driven actions; and accomplishment is built through goal-setting and progress in yoga practice. By combining yoga with PERMA activities like gratitude journaling and community support, the program offers a holistic path to improved physical, emotional, and psychological well-being.

Phase 1: Quantitative (Quasi-Experimental)

The researcher implemented a structured wellness program and conducted both pre- and post-tests to measure its effectiveness. Group 1 participated in Vinyasa yoga, while Group 2 engaged in PERMA-related activities. A pre-test was administered to establish a baseline for participants' well-being. After completing the wellness program, a post-test evaluated changes in physical, emotional, and overall life satisfaction. Using both tests provided a clear comparison of participants' progress and valuable insights for assessing and improving the program.

Phase 2: Qualitative

The study's qualitative phase focused on participants' overall well-being, using interviews and focus group discussions to gather personal narratives about their experiences in the wellness program. This approach explored how the program influenced physical health, mental focus, emotional resilience, and social connections. The collected accounts provided deeper insight into the program's impact and highlighted both its strengths and areas for improvement.

METHOD

Research Design

This present study implemented a sequential explanatory research design using a mixed-methods approach. It started with the design and implementation of a wellness program, followed by a qualitative phase using narrative analysis. The researcher interviewed high scorers in the wellness program about their experiences. The

mixed-method approach integrates quantitative survey data with qualitative interview insights, providing a well-rounded perspective on both statistical patterns and individual experiences (Creswell & Plano Clark, 2017).

Wellness Program

The wellness program spanned 5 weeks, with participants engaging in weekly sessions tailored to their assigned group. Each group used a different method to improve their wellbeing by including either Vinyasa yoga or activities related to PERMA.

Group 1: Vinyasa Yoga

Table 1 Vinyasa Yoga Weekly Session

Duration	Participants are asked to attend at least two yoga classes weekly. one must be the researcher-led vinyasa session, scheduled at flexible times. the second class may be any yoga session of their choice, with any instructor.
Content	The class features gentle and dynamic sequences to enhance flexibility, strength, and focus. Vinyasa Yoga uses breath-synchronized movement for physical and mental engagement.
Instructor's Guidance	The Vinyasa instructor will guide accessible yet challenging sequences to support both physical health and psychological well-being.
Additional Practice	Participants will attend at least two sessions per week with the researcher, with additional sessions encouraged as schedules permit.

Group 2: PERMA-Related Activities

Table 2 PERMA Weekly Session

Duration	Each week, participants will join a zoom meeting or call, based on their preference, to discuss the assigned perma-related activity.
Content	The discussion will present the week's PERMA-related activity, check in with participants, provide updates, and address any questions.
Educational Focus	Participants will gain insights on how the activity supports their well-being and how to apply PERMA concepts in daily life, clarifying each component's role in enhancing flourishing.
Activity Implementation	Participants are expected to complete the weekly PERMA activity sent via email or other platforms. Sharing results with the researcher is encouraged but not required.

Table 3 Five Weeks PERMA-Related Activities

Week 1: counting kindness	Kind acts strengthen relationships, reduce stress, boost self-esteem, and increase happiness—often benefiting the giver more than the receiver. in this activity, participants will perform and track small acts of kindness for one week to increase awareness and enhance well-being.
Week 2: The Joy of Missing Out (JOMO)	FOMO, the fear of missing out, can lead to stress from overcommitting and distract from enjoying the present. This activity encourages shifting to

	JOMO—the joy of missing out—by appreciating the benefits of opting out and valuing the current moment without anxiety over missed opportunities.
Week 3: Gratitude for What Is No Longer Here	Losing something valuable can lead to dwelling on what's gone. This activity guides participants to shift from focusing on loss to expressing gratitude for past blessings and aligning future choices with their core values, promoting a forward-thinking and appreciative mindset.
Week 4: Life Chapters: Mapping Meaningful Experiences	Delayed gratification means resisting immediate rewards for a greater future benefit, but waiting too long can lead to missed experiences. People often postpone joy—like travel or relationships—assuming the right time will come, but life may not always allow it. This activity encourages participants to create meaningful experiences now, balancing long-term goals with present enjoyment.
Week 5: The G.L.A.D. Technique (Gratitude, Learning, Accomplishment, and Delight)	People naturally focus more on negative experiences due to negativity bias, which can affect overall happiness. The G.L.A.D. technique helps shift attention toward daily positive moments. This exercise introduces the method and guides participants in recognizing uplifting experiences that might otherwise be overlooked.

The PERMA-related activities used in this study were purchased from trusted sources within the field of Positive Psychology, ensuring they were based on evidence-based practices. The researcher used pre-made activities to make sure the exercises were based on the widely recognized PERMA. This not only gave the wellness program a structured and scientifically proven framework, but it also made sure that the activities offered to participants were directly related to the core principles of flourishing. This made sure that the activities were relevant and could help improve participants' overall health.

Measures

This study utilized a combination of established psychometric tools and custom-designed measures to assess the relationship between Vinyasa yoga practice and PERMA-related activities and well-being. The scale used is the Flourishing Scale for perceived success in important life domains. The researcher used a semi-structured interview guide to collect qualitative information about participants' experiences with yoga and their reported effects on well-being.

Quantitative Phase: Flourishing Scale (Diener et al., 2010)

An eight-item scale measuring perceived success in areas like relationships, purpose, and optimism. Sample items include: "I lead a purposeful and meaningful life" and "My social relationships are supportive and rewarding." The scale has strong reliability (Cronbach's $\alpha = .87$) and test-retest stability ($r = .71$). It also shows good convergent validity, with correlations ranging from .62 to .73 with other well-being measures. Responses use a 7-point Likert scale (1 = strongly disagree to 7 = strongly agree), with total scores from 8 to 56.

Qualitative Phase

Participants who showed notable improvement between pre- and post-test scores were invited to join semi-structured interviews. Thematic analysis was conducted to explore recurring patterns in their responses, offering deeper insights into the wellness program's effects. The process followed six key stages: (1) Familiarization with the data through repeated reading; (2) Coding relevant content; (3) Grouping codes into broader themes; (4) Reviewing and refining themes; (5) Defining and naming themes; and (6) Reporting findings with clear, data-based support.

Expert Validation

The researcher sought expert validation for both instruments used in the study. While the Flourishing Scale is an established measure, validation was pursued to confirm its suitability for the current context. A licensed psychologist and subject matter expert reviewed the semi-structured interview questions and evaluated the appropriateness of the Flourishing Scale. His assessment indicated that the instruments were valid, reliable, and aligned with the study's objectives, methodology, and participant profile.

Participants

The study utilized convenience and snowball sampling methods, initially inviting participants directly before expanding recruitment through professional networks and community groups to reduce sampling bias. Existing participants were also asked to refer others, and demographic data was gathered to ensure diverse representation. To be eligible for the study, participants were required to meet specific inclusion criteria: having no prior experience with yoga, possessing an interest in learning the practice, and demonstrating a willingness to participate in PERMA-related activities.

Demographic profile of respondents

Table 4 Group 1: Vinyasa Yoga Participants

Respondents	Age	Gender	Employment status
G	25	Male	Student
K	40	Female	Employed
R	44	Female	Employed
W	40	Female	Unemployed
F	25	Female	Employed
AL	35	Male	Employed

Table 5 Group 2: PERMA Participants

Respondents	Age	Gender	Employment status
M	32	Female	business owner
B	40	Female	Employed
MK	27	Male	Employed
N	29	Male	Employed
S	40	Female	Employed
AY	44	Female	Employed

The study included 12 participants—4 males and 8 females—aged 25 to 44. They were assigned to two groups: Group 1 (Vinyasa Yoga) and Group 2 (PERMA-based activities), with 6 members each (2 males, 4 females per group). All participants actively engaged, contributing to the program's success.

Group 1: Vinyasa Yoga Participants. Participants in Group 1 were recruited through referrals and direct invitations. Four were regular gym clients with no prior Vinyasa experience but expressed interest in its potential benefits. Additional members joined through snowball sampling, resulting in a diverse group motivated to take part.

Group 2: PERMA Activity Participants. Recruitment for Group 2 targeted individuals receptive to wellness activities. Using Facebook, the researcher identified potential participants based on posts expressing emotional fatigue or personal challenges (e.g., "I'm worn out," "I recently lost a loved one"). These individuals were acquaintances, helping build trust while keeping professional boundaries. Out of 20 invitations, 8 agreed, and 6 completed the program.

Procedure

This mixed-method study followed a structured approach for accurate data collection and analysis. Twelve participants were recruited through personal invitations and referrals, then divided evenly into two groups: Group 1 (Vinyasa Yoga) and Group 2 (PERMA-related activities). After providing informed consent, all participants completed the Flourishing Scale in Week 1 (baseline) and again in Week 5 (post-test) to assess changes in well-being.

Group 1 attended researcher-led Vinyasa yoga sessions and were encouraged to join additional yoga classes. Group 2 received weekly PERMA-based activities via email and joined check-in calls via Zoom or Messenger. Submissions of activity outputs were optional for Group 2, especially when personal in nature.

After collecting pre- and post-test data, the researcher conducted semi-structured interviews with four participants (two from each group) who showed notable improvement in their scores. These interviews provided deeper insights into the participants' experiences and the effectiveness of the wellness program.

The researcher, a certified Vinyasa yoga instructor, designed a five-week themed program. Group 1 participants were expected to attend at least two sessions per week. Group 2 completed their weekly tasks individually, receiving personalized guidance through one-on-one communication.

The wellness activities for Group 2 were based on evidence-based practices aligned with the PERMA model and sourced from the Positive Psychology Center.

Quantitative Analysis. This present study aimed to assess changes in participants' well-being following a five-week wellness intervention. To measure these changes, the Flourishing Scale—an established tool in positive psychology—was administered both before and after the program. Utilizing a mixed-methods approach, the study integrated both quantitative and qualitative data using a mixed-methods methodology. A paired samples t-test was used to look at changes in well-being scores and see if the intervention had any significant effects during the quantitative phase, which included tests before and after the intervention. To compare participant results at two different time points, this statistical method was chosen. Version 30.0 of IBM SPSS Statistics was used to analyze the data.

The results of the paired samples t-test are presented. The compiled pre- and post-test results for Group 1, which participated in Vinyasa Yoga, showed strong positive correlations in several item pairs. These results indicate a consistent relationship between participants' responses before and after the intervention, suggesting a relatively strong connection between the two sets of scores.

Statistical significance was shown in the following pairs: Pair 1 ("I lead a purposeful and meaningful life") with a p-value of .026 and Pair 8 ("People respect me") with a p-value of .001. This implies that these items significantly and constantly affected the participants' scores. Pairs 2 through 7 did not show statistical significance, indicating that the wellness program had little to no effect on these specific measures.

For Group 2, which engaged in PERMA-based activities, the pre- and post-test results revealed correlations ranging from moderately negative to very strong positive. The data suggest a meaningful relationship between pre- and post-test scores, indicating that the activities may have contributed to improvements in well-being, although individual responses varied to some extent.

Pairs 4, 6, and 8 showed strong positive to very strong positive correlations with statistically significant values, indicating that these three items had a very significant and consistent effect on this measure. These items include: pair 4 "I actively contribute to the happiness and well-being of others," pair 6 "I am a good person and live a good life," and Pair 8 "People respect me."

Ethical Considerations

This study adhered strictly to the University Psychology Department Ethics Board's ethical guidelines. Approval was obtained before commencing any research activities.

Informed Consent

Participants received a thorough information sheet outlining the goals, methods, potential dangers, and advantages of the study, as well as the fact that participation was completely optional. The researcher provided ample time for participants to review the information, pose questions, and ensured the presentation was comprehensible. Written agreement from each participant attests to their understanding of the study and their freedom to discontinue participation at any moment without facing any repercussions.

Confidentiality and Data Protection

Protecting participant privacy is a top priority in this study. The researcher de-identified all participant data, assigning unique codes to protect their identities. Only the primary researcher has access to the encrypted, password-protected files containing personal identifying information. During data analysis and in any publications or presentations, only aggregated data or anonymized quotes are used to ensure no individual can be identified. The researcher will securely retain the data collected in this study for one year after its defense. After the retention period, all digital files will be permanently deleted. However, participants can request to delete their data at any point.

Participant Well-being (Debriefing)

Although the study poses minimal risk, the researcher recognized the possibility that participants might encounter psychological discomfort when discussing their well-being or personal experiences. To ensure participant well-being, at the start of the wellness program, a list of mental health resources, including contact information for counseling services and helplines was provided.

Dissemination of Findings

The researcher prioritized the ethical and responsible sharing of the study's findings. Participants were offered the opportunity to receive a summary of the results upon the study's completion. In addition, plans were made to communicate the outcomes to the broader yoga community through presentations at partner yoga studios and by submitting articles to yoga-centered publications.

Cultural Sensitivity

With an awareness of yoga's cultural heritage, the researcher conducted the study with respect and cultural sensitivity. This involved explicitly acknowledging yoga's historical roots in all research materials and carefully considering issues of cultural appropriation when interpreting and presenting the findings.

Researcher Positionality

The primary researcher designed the wellness program and served as the yoga instructor for the participants during the weekly sessions. In addition, the researcher facilitated the administration of the pre- and post-test measures and conducted the interviews following data collection. This dual role provided a deep understanding of the participants' experiences and the weekly progression of the program. However, it is recognized that this close involvement may introduce potential bias in interpreting the outcomes of the study.

Human Oversight

Despite using AI tools for research, the researcher independently made each interpretation. The researcher used human judgment in writing conclusions and making sure the results were valid and aligned with the present study's objectives.

Transparency and Accountability

The researcher took full responsibility for the accuracy and interpretation of all data. AI was used solely as a supportive tool during research inquiries, with the researcher maintaining complete oversight and accountability for all outcomes. The use of ChatGPT (OpenAI, 2024) was acknowledged as an aid in generating ideas and refining content; however, all outputs, interpretations, and concepts presented in the wellness program were independently developed by the researcher.

RESULTS

In the Vinyasa yoga group, five out of six participants showed an increase in their well-being scores, while one remained unchanged. For this group, scores rose from 37-52 at Week 1 to 42-53 at Week 5, indicating moderate to very high flourishing. In the PERMA activities group, five participants improved, and one showed a slight decrease. This group improved from 34-49 to 38-50 over the same period, showing low to very high flourishing.

Both groups exhibited an overall increase in well-being, suggesting that both Vinyasa yoga and PERMA-based activities positively influenced participants' flourishing. The average increase in the Vinyasa group was five points, supporting the benefits of regular, mindful physical practice. The PERMA group showed a larger collective gain, suggesting that structured well-being activities may offer stronger long-term effects for some individuals. The qualitative phase explored the experiences of participants who demonstrated notable improvements between their pre- and post-test results. Three main themes emerged regarding their experience.

Theme 1: Significant Experiences of Personal Growth

Participants highlighted the importance of acknowledging their personal growth and identifying how these situations fit into their journey toward overall wellness. In Group 1, Participant W (40, unemployed) stated, "After a yoga class, I feel physically better. I find it pleasing because I feel physically healthy." Participant G (25, student) added, "I have experienced an increase in my mental resilience. I am better able to handle stress and new situations with a calmer mindset." Similarly, Group 2 participants emphasized mental health. MK (27, employed) noted, "My mental health has improved; I noticed that now I appreciate the little things in my daily life that I used to overlook."

Theme 2: Impact on Positive Emotions and Mood

Participants reported that body-mind practices sustained positive moods and lowered negative emotions throughout the day. Participant W shared, "It makes me feel good... For me, that is a positive feeling." Participant G explained, "If I start off my day in the morning with Vinyasa yoga, I find that I can think more dynamically. I am less stressed and my body feels in a good mood." In Group 2, MK mentioned, "These activities have kept me in a more hopeful headspace. I feel better that I can handle my daily ups and downs," while Participant B (40, employed) reported feeling "more optimistic."

Theme 3: Improvement in Focus and Stress Management

The activities contributed to the development of mental clarity and stress management. Participant W (Group 1) remarked, "Most of the time I stay at home... but now I feel I can manage my stress." Participant MK (Group 2) stated, "My stress is reduced, and I can approach my work with more clarity."

DISCUSSION

This study implemented a wellness program to explore whether engaging in Vinyasa yoga and PERMA-based activities could enhance overall well-being. The PERMA model provides a structured framework for cultivating

well-being through five core elements: Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment (Rusk & Waters, 2015). Quantitative data revealed notable improvements in specific flourishing domains. In the Vinyasa yoga group, significant increases were observed in items related to purpose and perceived social respect. These findings align with Büssing et al. (2012), who reported that yoga improves physical flexibility, soothes the mind, and minimizes anxiety.

Group 2 (PERMA-based activities) exhibited significant gains in contributing to the happiness of others and self-perception. The majority of these activities involved expressive writing and gratitude journaling. Results indicate that while both interventions are effective, the structured journaling activities in Group 2 yielded a slightly more significant improvement than the physical activities in Group 1. This suggests that journaling can be a powerful tool for well-being, though the effectiveness of any intervention requires the individual's dedication of time and effort.

Limitations and Recommendations

Although the Flourishing Scale provided a baseline for well-being, its brief format as a self-report measure is vulnerable to response bias. Additionally, this study did not include interviews with participants who showed the lowest post-test scores due to time constraints. Future research should expand the sample size and diversity for greater generalizability and extend the intervention duration to 12 weeks to measure sustained impact. It is also recommended to incorporate physical health measures, such as BMI, for yoga participants and to include participants across all wellness levels in the qualitative phase to identify potential barriers to program effectiveness.

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