

In The Name of God Sport Sciences Research Institute of Iran Ministry of Science, Research & Technology

Date: 1/6/2021 No: 11/45704

Ethics Approval of Research

This is to certify that the research project entitled 'The effect of training exercises mindfulness based yoga method in person and non-person on the distress emotional control strategies thoughts and well being housewives' provided by *Mrs. Elaheh* **Meykhosh** has been reviewed in Research Ethics Committee of Sport Sciences Research Institute and was approved according to compliance with Ethical Standards in Research of the Ministry of Science, Research and Technology, with the code IR.SSRI.REC.1400.1084

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