



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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