

Q-AOS Health Cluster

Well-Being with Arts

Kyushu University, Japan
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PROJECT'S MISSION

➔ RESEARCH OBJECTIVES

- 🌸 Assess the impact of holistic art-based practices on well-being (esp. Art-Yoga)
- 🌸 Strengthen community inclusion through participatory arts
- 🌸 Advance cross-cultural & interdisciplinary research partnerships

Well-Being with Arts

PROJECT'S HISTORY

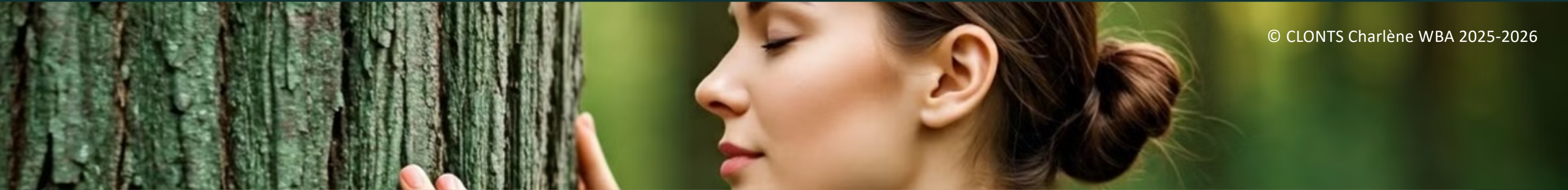


INTRODUCTION

Creative Practice for Better Life Balance

Why we started?

- 🌸 COVID-19 highlighted rising stress & declining well-being (IPSOS 2024), also at university
- 🌸 Students, faculty, staff lacked accessible holistic or arts-based support, esp. in East Asia (WHO 2019)
- 🌸 Arts for health remains a research blind spot in East Asia



WHAT IS ART-YOGA?

- **RESPONSE TO COVID CRISIS, & RISING STRESS & LONELINESS AT UNIVERSITY.**
- **LAUNCH OF ART-YOGA LESSONS (2020) AT KYUSHU UNIVERSITY RESIDENCE TO SUPPORT BALANCE & RESILIENCE.**
- **COLLABORATIONS ACROSS HUMANITIES & PUBLIC HEALTH.**

YOGA-BASED MOVEMENT & DANCE

- Physical practices for body-mind integration & self-expression

LITERARY IMAGERY & DANCE

- Poetic elements & dance movements to enhance emotional release.

GUIDED MEDITATION & VISUAL ARTS

- Breathwork techniques for stress reduction & metaphorical visualisations.
- Visual arts as a support for mindscape.

MUSIC & SOUNDSCAPES

- Auditory components supporting relaxation.



PILOT STUDY ON ART-YOGA (APRIL 2024~)

ART-YOGA & WELL-BEING

Investigating whether arts can enhance the effectiveness of yoga for more well-being.

MIXED-METHODS EVALUATION AT KYUSHU UNIVERSITY

- 3-month program x 3 semesters.
- Surveys, interviews, observation.
- Interventional study.
- Insider positioning of the yoga teacher.

WEEKLY ART-YOGA LESSONS

- Exploring emotional well-being, awareness, & self-care.
- Open for free for students, staff, faculty members.
- Volunteering in the data collection.

BUILDING UP ON 2024 KEY ACHIEVEMENTS: FOR A GROWING IMPACT

EVENTS & OUTREACH

- 4-days conference “Body-Mind Interactions in Arts, Health, Literature & Sciences: Asian & Indo-Oceanian Perspectives”, Japan.
- Educational activities for students, faculty & medical professionals.
- Overseas (Istanbul) Educational Program & data collection.

PUBLICATIONS

- 3 peer-reviewed articles in the field of art-based practices.
- Ongoing peer-review specialist book “Exploring Body-Mind Interactions and Their Impact on Well-Being: Holistic Practices”.

COMMUNITY ENGAGEMENT

- Domestic & international presentations & keynotes in Japan & overseas.
- International & local collaborations for well-being.
- Weekly Art-Yoga lessons, design, & data collection.
- Seminars open for free to general audience.



Publication 2026

Art-Yoga in Istanbul

PEER-REVIEWED



RESULTS



Case Study



100% increased relaxation, peacefulness, connection, physical well-being, concentration.



33,5% increased emotional expression, energy, self-awareness



Exploring Body-Mind Interactions and Their Impact on Well-Being: Holistic Practices

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PEER-REVIEWED



RESULTS

Art-Yoga for Well-Being, Awareness, & Self-Care in Higher Education: First Data Analysis of a Pilot Study in a Japanese University

Report

基幹教育紀要 (Vol.12)

Art-Yoga for well-being, awareness and self-care in higher education
First data analysis of a pilot study in a Japanese university

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This pilot mixed-methods study explored the potential of Art-Yoga—an innovative multisensory practice integrating music, dance, visual arts, and poetic imagery into yoga practice—to enhance emotional well-being, awareness, and health literacy among university students and staff. This study aimed to explore feasibility and experiential outcomes, while generating preliminary data to inform future trials. Conducted within the *Well-Being with Arts* (WBA) project at Kyushu University, it included both quantitative and qualitative components. Sixteen participants completed pre- and post-intervention assessments using the European Health Literacy Survey Questionnaire (HLS-EU-Q47), while a subset of seven participants engaged in pre- and post-intervention semi-structured interviews to examine emotional experience, self-care, and awareness. Quantitative results indicated no statistically significant changes between groups with lower (less than 5 lessons) and higher (5 lessons or more) attendance in overall health literacy or related social and behavioral variables. Nevertheless, participants demonstrated generally high levels of self-awareness and active health-related behaviors, such as consulting peers and seeking support when unwell. Qualitative findings revealed that Art-Yoga facilitated emotional release, inner clarity, and improved self-regulation, while encouraging symbolic and embodied expression through creative movement and imagery. Notably, self-reported happiness scores increased from a median of 6 (IQR 4-9) to 8 (IQR 7-9), and peacefulness from 6.5 (IQR 5-7) to 7.5 (IQR 6-9) after the intervention. Overall, the findings suggest that Art-Yoga may serve as a feasible and culturally adaptable approach to promoting emotional well-being and self-care in higher education. Although quantitative improvements in health literacy were not significant, the qualitative data point to enhanced awareness and reflective engagement, indicating that longer or repeated interventions may yield stronger effects.

Keywords: Art-Yoga, well-being, health literacy, embodied arts, mindfulness, higher education

2025-2026 WBA ACHIEVEMENTS

TEACHING & EDUCATIONAL INNOVATION

- Course *Health, Well-Being & Happiness in French Society*
- Art-Yoga educational & participatory performances (*Interwoven Bodies* exhibition, Fujii Gallery)
- Visiting professorship from Istanbul (3.5 months)

RESEARCH PROJECT & PUBLICATIONS

- Qualitative & Quantitative data collection (Art-Yoga weekly lessons)
- Submitted 2 grant proposals (esp. KAKENHI)
- Published 3 peer-reviewed articles, including the Art-Yoga pilot study's 1st results.

CONFERENCES & KEYNOTES

- 10 Guest Speakerships & Keynotes (WBA project, well-being, & art-based practices) in Japan & Overseas
- Invited top university prof. (Cambridge, UK) for Seminar at KU
- Presentations at international conferences (Japan & Overseas)

EVENTS, PANELS & COMMUNITY ENGAGEMENT

- Organized INTERFACEing 2025 Conference (50 researchers from 20 countries) in Istanbul
- Chaired panel & presented at Kyoto University
- Contributed to 6 multidisciplinary cultural events, including Asia Week.

ART-YOGA RESULTS 1ST PUBLICATION

KEY QUESTION

Can Art-Yoga (arts + yoga) improve emotional well-being, awareness, & self-care in a Japanese university context?

METHOD

- Mixed-methods pilot (3 months): n=16 surveys (HLS-EU-Q47); n=7 pre/post 1hx2 interviews
- Lessons integrated music, dance, visual/poetic imagery with yoga

RESULTS, DISCUSSION & CONCLUSION

- **No significant change in health literacy** between low/high attendance (HLS-EU-Q47; $p \approx 0.98$)
- **Well-being gains:** emotional release, inner clarity, subtle social bonding; happiness \uparrow to **median 8**, **peacefulness \uparrow to 7.5**
- **Effects** often short-term; likely require continuity & culturally responsive delivery
- **Feasible**, culturally adaptable approach supporting emotional regulation & self-care in higher education
- **Future work:** longer/iterative programs, better mixed-method triangulation, broader participation for robust stats