

Invitation to Participate in a Research Study

Tele-yoga in adults with symptoms of anxiety: a pilot study

Principal Investigator-Dr. Jean-Francois Daneault, PhD

The Motor Behavior Laboratory of Rutgers
University is looking for:

- ✓ **Adults with Parkinson's Disease**
- ✓ **Symptoms of anxiety** – like feelings of nervousness, racing heart, & muscle tension
- ✓ **Male and Female**
- ✓ **Between 18-80 years old**



You should NOT volunteer if you ...

- Have an injury or condition that affects your ability to participate in physical activity
- Have cognitive impairments that could prevent you from communicating or understanding directions
- Are pregnant
- Do not speak English

This study involves:

- Evaluations and yoga sessions in your home
- 4 1.5-hour videoconferencing sessions to answer questionnaires
- A 6-week waiting period (you don't have to do anything)
- 12 or more yoga sessions- at your home with the yoga teacher interacting with you via a live video chat on your computer
- Time commitment= 12 weeks