

# Have you had a stroke?

## Interested in learning yoga and meditation?



## Volunteer to Participate in a Yoga and Meditation Program for Stroke

### What do I get for participating?

- A FREE Yoga Mat
- A FREE Audio CD with Recorded Yoga and Meditation Practices
- 12 weeks of FREE Group Yoga Classes
- A FREE 12 week Yoga and Meditation Home Program Including a Guidebook

No previous experience or special ability is necessary for participation in the yoga and meditation program. All of the yoga and meditation practices have been specifically developed for individuals who have had a stroke to ensure safety, comfort and enjoyment.

### WHAT DOES PARTICIPATION INVOLVE?

Participation involves attending an initial consultation for assessment purposes. Then you will be asked to attend 12 weeks of group yoga classes taught by professional teachers. You will also be asked to practice yoga at home daily for about 30-40 minutes. We will provide you with instruction and learning resources to support your home practice. After completion of the 12 weeks, we will ask you to attend a follow-up consultation session for re-assessment purposes. All group classes and consultations will take place on the City East campus of UniSA on Frome Rd in Adelaide.

**NOTE:** Participants must have had a minimum of 9 months since the stroke. You should be able to ambulate independently or with supervision, with or without an assistive device and you must have completed all of your post-stroke rehabilitation.

If you are interested in participating in the Yoga for Stroke program or would like more information, contact: Dr Maarten Immink on (08) 8302 2675 or email [maarten.immink@unisa.edu.au](mailto:maarten.immink@unisa.edu.au)

The Yoga and Meditation Program for Stroke is part of a research project being conducted by the School of Health Sciences at the University of South Australia.

This project has been approved by the University of South Australia's Human Research Ethics Committee.