



Yoga MAT

a research study



THANK YOU FROM THE YOGAMAT TEAM!

With your help, we recruited 192 participants for a 12-week yoga program for chronic pain. In addition to the 12 weekly classes, participants received some combination of:

- Yoga videos created by study teachers
- Two private sessions with a study teacher
- Daily text messages about yoga
- Payment for attending classes.

The goal was to see what combination led to the most engagement in yoga classes and personal practice.

192

Total Participants

3

States
(RI, MA, OH)

170

Participants attended at
least 1 class

128

Average Minutes of Yoga per
Week per Participant

INITIAL RESULTS

We found that the best way to support the most personal practice and weekly class attendance is to give participants this combination:

- Two private sessions with a study teacher
- Daily text messages about yoga
- Payment for attending classes.

These led to an average engagement in yoga of 185 minutes per week per participant.

WHAT OUR PARTICIPANTS ARE SAYING

"In doing this program I have seen my life change dramatically. I have gone from a person that lives in pain to a person who thrives despite pain. I know this journey is just starting but I am excited for the first time in a long time. I have an opportunity to heal. Instead of being angry at my body, now I look for understanding. I listen to my body instead of actively ignoring it because of resentment created long ago. I am no longer looking for a cure-all or a way to return to what I once was before I got sick. I am open to opportunities for growth and remain curious as to how I can actively heal myself mind, body and soul."

"I just wanted to say how grateful I am to the yoga study. Over the last year, it has transformed me into a much more positive healthy and athletic person. Since doing yoga I have also seen and felt a change in the speed of my healing. I'm much more conscious of the food I eat and I make sure do some exercise on a daily basis. Yoga has changed my life and I never knew it would have, if it wasn't for the study."

"I just want to let you know I acknowledge and want you to know how much gratitude I have for you and the whole things you guys got going on. This yoga mat study is just incredible and it's really helping me and changing and helping my life in more ways than one."

"I think I was under the impression that if you have pain then you shouldn't do certain things but it's the opposite, the yoga really helped my pain. I feel like when I do it I have a better mood."

"While I was doing it routinely, it really worked. I was skeptical at first but it really worked; I would do my own levels and listen to my own body. if it wasn't for you guys I would've been screwed, the compensation really helped at a time that I needed it; I never knew that yoga was so helpful, I told a lot of people about the study."

"If I would have known that I could do something so small and it would help my pain so much, I would have done it a long time ago."

Thank You!

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