

# Seeking Women Who Have Experienced Stillbirth

## *To Participate in an 8 Week Online Yoga Intervention*

### **Benefit of Yoga Include:**

- Increased flexibility
- Stress and anxiety relief
- Increased muscle tone
- Improve circulatory health
- Improved sleep
- Enhance overall health

**You may be eligible to participate in the study if you:**

- Are 18 years or older
- Have had a stillbirth in the past 3 years
- Have, or are willing to create, a Facebook account
- Can safely practice yoga through online instruction
- Are not currently practicing yoga

**You will be asked to:**

- Participate in 60 minutes of an online yoga class each week for a total of 8 weeks
- Complete daily logs tracking your progress

**Qualifying and enrolled participants will receive a free yoga mat, access to online yoga classes, and compensation for completion of the study.**

**To check eligibility, visit the link at:**

[http://bit.ly/SFB\\_Eligibility](http://bit.ly/SFB_Eligibility)  
**(case sensitive)**

*Participation is Voluntary*

Questions or Concerns?  
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