

## Georgia State University Occupational Therapy Department



## Free Yoga for Traumatic Brain Injury!

**Purpose:** Study the effect of yoga on sleep, pain, mood, and executive functioning in individuals with a Traumatic Brain Injury

<u>Eligibility:</u> had a Traumatic Brain Injury for at least 6 months, cognitively oriented to person, place, time, and situation, able to speak and read English, and must be mobile and able to stand

<u>Potential Benefits:</u> increase in physical functioning and balance, quality of sleep, planning and organizing, and decreased chronic pain. Additionally, you may shed light on a holistic way for people to continue to recover from their injury years later.

**Commitment:** 8-week yoga program (2x per week for 1 hour each session). Participation totals to 3 hours of assessments, 16 hours of yoga, and 1.5 hours for an interview (a total of 20.5 hours) over 9 weeks.



## **Location:**

Petit Science Center Room 444 125 Decatur St SE Atlanta, GA 30303

## **Contact:**

Dr. Pey-Shan Wen pwen@gsu.edu 404-413-1165

04-413-1165 wen@gsu.edu
----------------------------

404-413-1165	0	nwen@gsu.edu
--------------	---	--------------





404-413-1165	404-413-1165
pwen@gsu.edu	pwen@gsu.edu

404-413-1165 pwen@gsu.edu	pwen@gsu.edu

pwen@gsu.edu	404-413-1165