



Unisa
for wellbeing yoga study

Free Yourself

1. Complete a **baseline survey** (10-mins)
2. Learn yoga, meditation or **mindfulness tools online** (25-mins) *
3. Practice **daily** (20-mins)
4. Complete **12 weekly** follow-up surveys (5 to 10-mins)

* You will be randomly assigned to one of 5 Groups.

... **More details when you sign up!**

Join the study

Registrations opening soon

Please contact

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Enhance your wellbeing & contribute to science!

This study offers powerful tools from the ancient science of yoga. Designed by Sadhguru, a yogi, mystic, and New York Times best-selling author, these simple practices are accessible for beginners in the modern world. The potential benefits include:

- 🌿 Overall wellbeing
- 🌿 Mental clarity and emotional stability
- 🌿 Physical flexibility and health

For more information:

<https://www.facebook.com/unisadepartmentofpsychology>