

Invitation to Participate in a Research Study

Tele-yoga in adults with dystonia: a pilot study

Principal Investigator-Dr. Jean-Francois Daneault, PhD

The Motor Behavior Laboratory of Rutgers University is looking for:

- ✓ **Adults with cervical dystonia**
- ✓ **Male and Female**
- ✓ **Between 18-80 years old**
- ✓ **Ability to use videoconferencing**

You should NOT volunteer if you ...

- Have an injury or condition that affects your ability to participate in physical activity
- Have cognitive impairments that could prevent you from communicating or understanding directions
- Are pregnant
- Do not speak English

This study involves:

- 3 1.5-hour videoconferencing sessions to answer questionnaires
- 12 30-minute yoga sessions- at your home with the yoga teacher interacting with you via a live video chat on your computer
- Time commitment= 12 weeks

There will be \$80 compensation at the completion of the study.