

Study

Impact of Yoga on burnout



VOLUNTEERS
WANTED!



Hello friends,

My name is Karthikeyan Sethuraman, I am a Yoga instructor in Amsterdam. It is well established that Yoga has a positive impact in treating mental health challenges including burnout. As part of a dissertation for MSc (Yoga) at SVYASA University (India), I am currently undertaking an intervention study to assess the **"Impact of yoga on burnout or burnout like symptoms"**.

If you are experiencing burnout or burnout like symptoms and would like to establish a Yoga based routine to enhance your well-being, I invite you to participate in this study.

ONLINE INTERVENTION

The participants will be taught Yoga techniques over a period of 8 weeks - constituting of live yoga classes on Saturdays and Sundays (60 minutes) and recorded videos (30 minutes) for practicing during the weekdays.

This intervention is developed in guidance with the SVYASA research team to alleviate burnout and symptoms of burnout.

★ *How to join ?*

Drop a message indicating your interest. If you have any questions, feel free to reach out.



WEBSITE

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EMAIL

mindfultyogis@gmail.com



WHATSAPP

+31616208365

★ *When ?*



8 WEEKS



09/01/2021

28/02/2021

Please note

- Intervention is **free of charge**.
- Identity of the participants will be kept **confidential**.
- Participants are under **no obligation** to participate in the study.
- Participants will be required to fill out **questionnaires** before and after the intervention to facilitate assessment of impact.