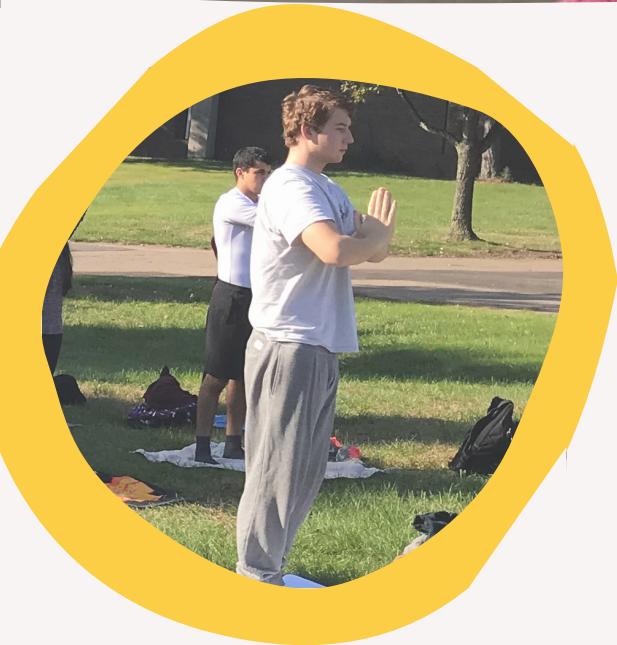


# Tools for Wellbeing

COVID-19 - National Study of Undergraduate Students



Join the study and get 12 chances to win \$25\*

1. Complete a baseline survey (10-mins)
2. Learn yoga tools online (25-mins)
3. Do a daily practice (17-mins)
4. Complete 12 weekly follow-up surveys (5 to 10-mins)

You will be randomly assigned to Group 1 or 2:

- Group 1 will learn yoga tools on week 1 and practice for 12 weeks.
- Group 2 will learn yoga tools on week 4 and practice for 8 weeks.

\*Every time you complete a weekly survey, you will be entered into a draw to win a \$25 gift card. Each survey needs to be completed for eligibility. You will also receive a certificate of completion at the end of the study.

Enhance your wellbeing and 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

Sign up:  
<https://redcap.link/wellbeing-covid19>