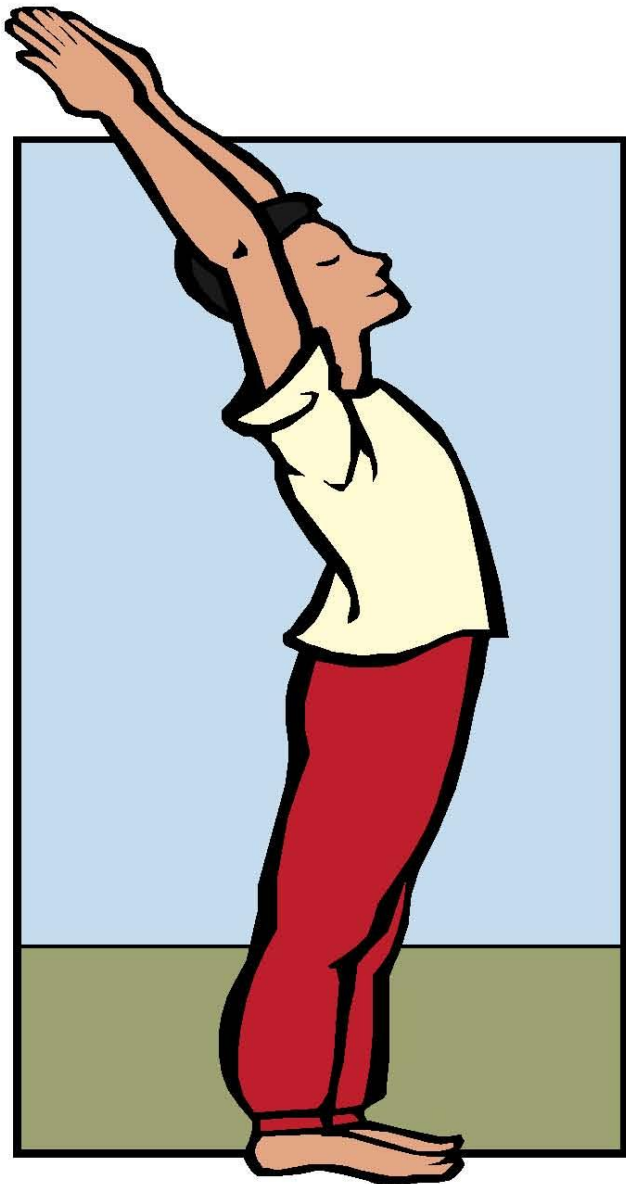


Do you have Down Syndrome and love to do yoga? Would you like to participate in a research study?

What is the study about?

The Down Syndrome and yoga study is a study being conducted at the University of California San Diego in connection with the ARC of San Diego. The primary goal of the study is to examine the effects of yoga on behavioral measures, anxiety and stress in Down Syndrome.



Why should you participate in this study?

Participants have the opportunity to learn about research and help other people with Down Syndrome.

Who is eligible?

We are looking for adults with Down Syndrome between the ages of 18 and 60 to participate.

Why is the study being conducted?

We know that yoga can help to reduce stress and anxiety, so we want to know if this can help with behavioral issues in people with Down Syndrome.

Where is the study conducted?

The study is being conducted by the Adult Down Syndrome Program at UCSD, and the yoga takes place at the Arc of San Diego.

For more information please contact us by phone or email at:

858-246-1300 or CAPmemory@ucsd.edu

