

Chronic Pain?

Interested in taking Yoga classes at home?



Frequency:
1 day/week
for 12 weeks

Study Location:
Yoga Classes at home

Study appointments at
VA Palo Alto
3801 Miranda Ave.
Palo Alto, CA 94304

Compensation:
\$200 for completing
entire study

Participant's rights
questions, contact
1-866-680-2906



You may be eligible for a non-drug study using yoga classes to treat Chronic Pain if:

- You are a Veteran
- You have Chronic Musculoskeletal Pain
- You have a primary provider at the VA who can approve of your participation in yoga

Eligible Veterans will receive 12 free yoga classes in their homes via VA Video Connect on an iPad provided by the study.

Please contact the study team at:
(650) 304-1517



**Department of
Veterans Affairs**

