

A decorative border of light gray yoga silhouettes surrounds the central text. The silhouettes include various poses such as the lotus position, the tree pose, the warrior pose, and the cobra pose, arranged in a repeating pattern along the top, bottom, and sides of the page.

Drs. Jaclyn Stephens and Arlene Schmid are conducting a study at Colorado State University to understand how yoga affects balance in individuals with acquired brain injuries, including stroke. Research assessments will take place at Colorado State University (CSU), and participants will be paid \$20 for each assessment. Additionally, a free 8-week yoga course will take place at the Center for Healthy Aging at CSU's Health and Medical Center.

To learn more, please contact Dr. Stephens' research team at:

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