



Yoga Instructors and Research

Key Issues for Yoga Therapists Contemplating Research Involvement

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Overview

1. Role of Yoga Instructors

1. What to consider prior to involvement
2. What to consider during involvement
3. What to consider after involvement

Disclaimer – based on my Yoga Thrive experience

Questions to Ask

- Ask yourself:
 - Why are you interested in research?
 - What do you have to gain?
 - What do you have to give?
 - Is it in your/your clients/your practice's best interest to be involved in research?
- Ask the Researcher:
 - What will your role be?

Role of Yoga Instructors

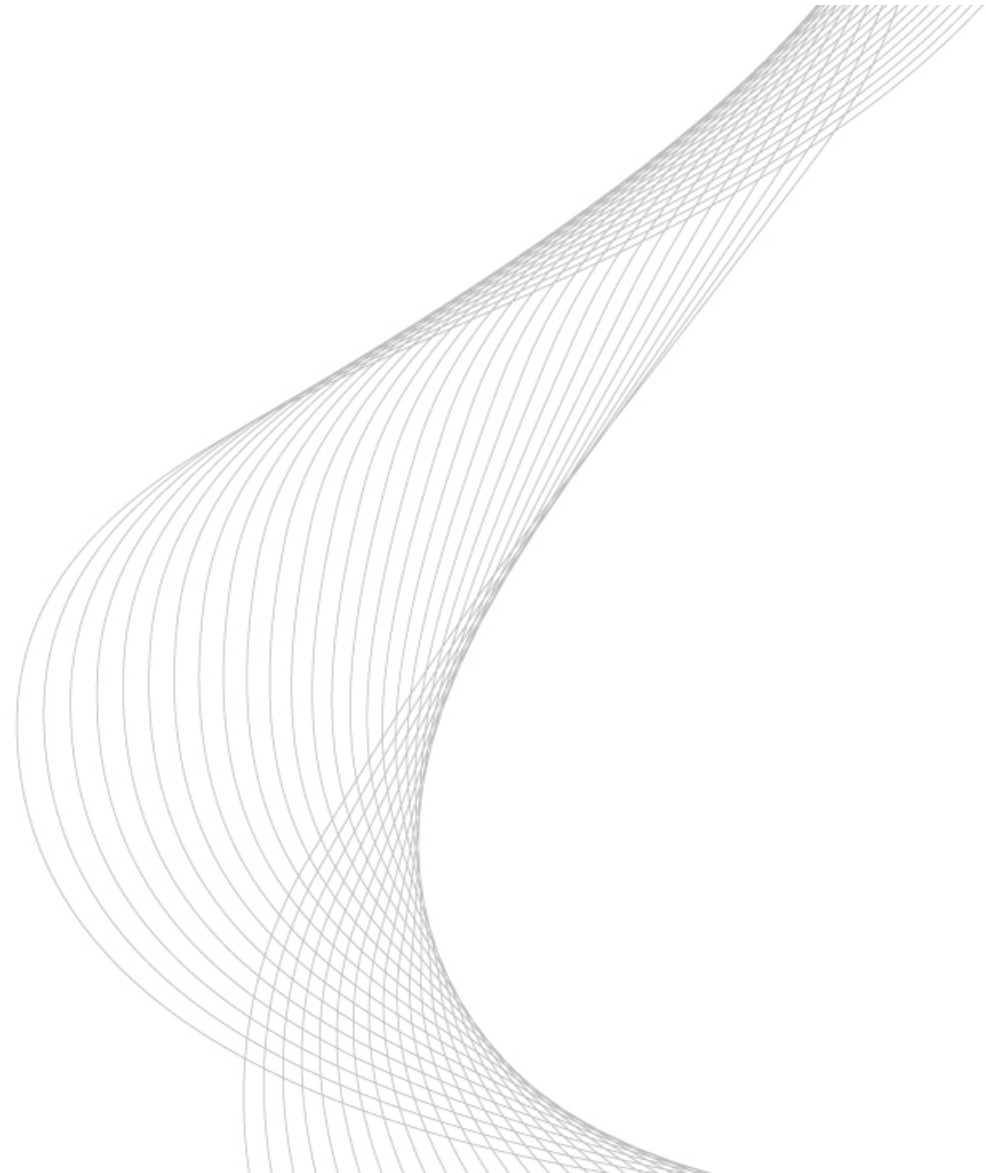
- **PRIOR TO START OF RESEARCH:**
- From the Researcher perspective, we look to Yoga Instructors to provide:
 - Expertise – credibility
 - Design better yoga interventions
 - Optimize benefits
 - Access to participants

Prior to Start...

- Practical considerations:
- 1 – Funding
 - Contracted through grants – paid for work
 - Ownership of work – Intellectual property
- 2 – Timeline for involvement
- 3 – Outcomes
 - Publications, Conference presentations

During Research...

- Communication
 - Research Team
 - Participants
- Ethics
 - Protocol
 - Reporting



After...next steps...

- Ongoing collaborations
 - IP, Funding, Other issues
- Publications
 - Authorship
 - Acknowledgements
- Networking
 - How experience can enhance your credibility
 - Building your research CV