

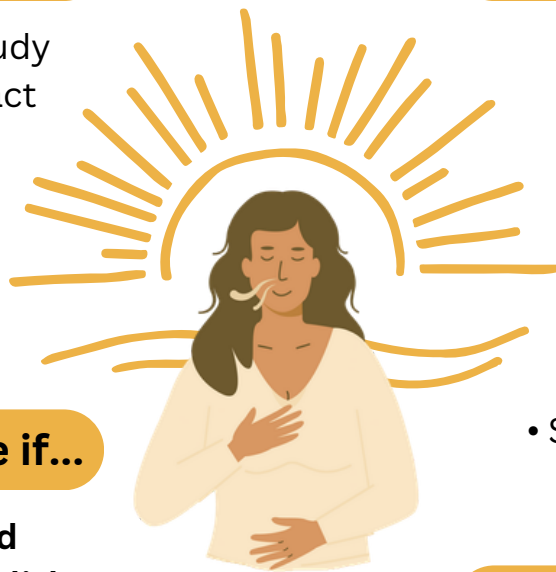
PARTICIPANTS NEEDED FOR A MEDITATION STUDY

EB-IMPACT

“ESSENCE BREATHING”: INTEGRATIVE MEDITATION FOR PAIN ALLEVIATION AND CURTAILING TENSION”

What are we studying?

The purpose of this study is to evaluate the impact of a novel meditation technique called “Essence Breathing” on symptoms of chronic pain.



What will you do?

You will come into the BPM Lab for ~1.5 hour visit to complete:

- Informed consent
- Physiological data recording, including heart rate and muscle tension/activity
- Self-report surveys on a computer

You may be eligible if...

- ✓ You are 18+ years old
- ✓ You are fluent in English
- ✓ You have recurrent or intermittent pain at least 5 days a month

Potential benefits

If you are enrolled in SONA, you will receive 2 credits for participation in this study.

You may experience temporary or lasting relief from specific symptoms of chronic pain after participation in this study.

You will be one of the first people to participate in this unique intervention for targeting symptoms of chronic pain

How do I get started?



Scan this QR code to complete an eligibility survey and learn more!