

# LOVE YOUR BRAIN YOGA



## Clinical Affiliate Guidelines 2023 – 2024

*"The LoveYourBrain Yoga program has a perfect blend of physical, cognitive, and emotional components to enhance the rehabilitation process and aide in healing after a brain injury. We have witnessed the comradery that is built amongst the participants to be very powerful and meaningful.*

*LoveYourBrain has created a highly effective and well organized service to brain injury survivors. As the first clinical site to offer the LYB program, we felt confident and prepared because of the training and ongoing education that was provided."*

*- Amanda Carr, OTR/L, ATP, CBIS, Clinical Manager, Oriqami Rehab Center*

We have provided a high-level summary of the value and requirements of becoming a Clinical Affiliate, which is followed by a more in-depth description of each component.

## What?

Select rehabilitation facilities (i.e., post-acute, post-hospital, outpatient) serving patients with acquired brain injury and other neurological conditions that integrate our evidence-based yoga program into their rehabilitation services.

## Value to You

By becoming a Clinical Affiliate, you receive:

1. **A research-backed yoga program curriculum** designed based on the science of resilience and with proven results: participants experience significant improvements in their cognition, resilience, positive affect, and quality of life. There is no other program like this in the United States.
2. **Annual license** to offer the 6-session program as many times as you want and to the patient population you prioritize. We work with each Clinical Affiliate to tailor the program to the patients they serve.
3. **Free account to watch The Crash Reel documentary** to share with all program participants. The Crash Reel sets the tone for the LYB Yoga program, giving insight into Kevin Pearce's TBI experience, resilience, and family support system. Kevin's story serves as a model for how

others impacted by TBI can develop resilience and regain a sense of wellbeing.

4. **Ongoing support** from the Manager of the Clinical Affiliate Program including mentorship calls with yoga teachers implementing the program at your facility to resolve any challenges and contribute to their professional development.
5. **Data collection forms and processes** to support systematic data collection of key outcomes using valid and reliable TBI-specific measures (e.g., NIH short forms for cognition, positive affect, resilience, emotional and behavioral dysregulation, quality of life) to demonstrate the program's impact. We equip Clinical Affiliates with a data collection package via Google Forms that are HIPAA compliant. We also work with Clinical Affiliates to customize the forms to include other self-reported or objective outcome measures that are priorities for their clinical context.
6. **Named as a 'LoveYourBrain Clinical Affiliate'** and able to brand your facility with this affiliation on marketing materials (we provide logos, press releases, etc.).
7. **Promoted by LYB as a Clinical Affiliate** via our social media (reaches over 100,000 people), website and newsletters.
8. **Access to discounts** for LYB Merchandise and LYB Trainings.
9. FREE admission to **LYB continuing education courses** to support with ongoing professional development



# Requirements

Clinical Affiliates must:

1. **Send at least two staff or yoga teachers** to our 20-hour training to become equipped in how to deliver the LYB Yoga program curriculum. The primary teacher must be a 200-hour certified yoga teacher. The assistant teacher can be a clinician without a yoga teacher certification, but must have extensive personal experience as a yoga practitioner.
2. **Have access to a private space to offer the yoga program** that can accommodate about 10 people and props (e.g., blocks, mats) for students to use.
3. **Have access to props** including blocks, mats, chairs and bolsters for patients to use.
4. **Appoint a LYB Yoga program champion** to maintain consistent communication with the LYB Yoga program team.
5. **Provide data** on, at minimum, the number of participants, types of acquired brain injury served and quality ratings, and preferably data on key outcomes (e.g., resilience, cognition, positive affect, emotional and behavioral dysregulation, quality of life). LoveYourBrain is also open to collaborating on research using the LYB Yoga program within clinical settings.

## Cost

1. **LYB Yoga 20-hour training**: \$495 per person
2. **Annual licensing fee**: \$3,000 USD\*

\*we offer a sliding scale to accommodate smaller clinics; this can be negotiated on a case-by-case basis

## Background

Acquired brain injury is a chronic health condition defined by variable cognitive, physical, emotional, and behavioral symptoms. Because of the diversity of potential challenges, it is imperative that a range of patient-centered and evidence-based rehabilitation options are available. Yoga, a form of complementary and alternative medicine, has been shown to improve outcomes in a broad array of clinical populations, yet has not been used widely among the brain injury population. The practice of yoga integrates physical movement (asana), breathing exercises (pranayama), and meditation practices to promote strength, coordination, stress reduction, and self-regulation. Several studies have examined the benefits of yoga for brain injury, which found improvements in attention skills, memory, mental fatigue, self-esteem, and quality of life. As a result, there has been increasing interest from clinical facilities to establish yoga programs as part of their continuum of care. However, until recently, there has been no organization capable of training clinicians and yoga teachers in how to safely and effectively adapt yoga for this population.



## The LoveYourBrain Foundation

The LoveYourBrain Foundation (LYB), a nonprofit organization, is the leading expert in offering adaptive yoga and meditation for people affected by

traumatic brain injury. LYB was established by brothers, Adam and Kevin Pearce, following Kevin's severe TBI from a snowboarding accident before the 2010 Olympics. Our mission is to improve the quality of life of people affected by TBI through programs that build community.

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Our message—LoveYourBrain—embodies our positive approach to brain injury prevention and healing. Everything we do is about connecting, educating and empowering people to embody a brain healthy lifestyle.

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LYB has used the award-winning HBO documentary, *The Crash Reel*, which chronicles Kevin's TBI experience and healing journey, as a powerful platform for raising awareness about TBI. Clinical facilities have integrated *The Crash Reel* as an education resource to support patients and families to understand some of the implications of TBI, to regain a sense of hope, and to build a connection to the broader TBI community.

## Why Yoga

Kevin's TBI gave our organization a glimpse into a new world—one where many people affected by this injury are plagued by intense isolation and disempowerment. This revealed the need for programs to rebuild community and resilience for healing. We chose yoga because we believe its holistic and dynamic nature can meet the individual needs of each person with TBI, from wanting to rebuild strength and balance, to manage stress, and to find comfort in a community of people with shared experiences. Research has also identified multiple benefits of yoga for brain injury rehabilitation:

- ✓ community reintegration (Donnelly et al., *Disabil Rehabil* 2019)
- ✓ quality of life (Donnelly et al., *Brain Injury* 2017)
- ✓ attention control (Cole et al., *Mil Med* 2015)
- ✓ working memory (Azulay J et al., *Head Trauma Rehabil* 2013)



- ✓ mental fatigue (Johansson et al., Brain Injury 2012)
- ✓ strength and balance (Schmid et al., Disabil Rehabil 2015)
- ✓ stress and emotional wellbeing (Silverthorne et al., Int J Yoga Therap 2012)

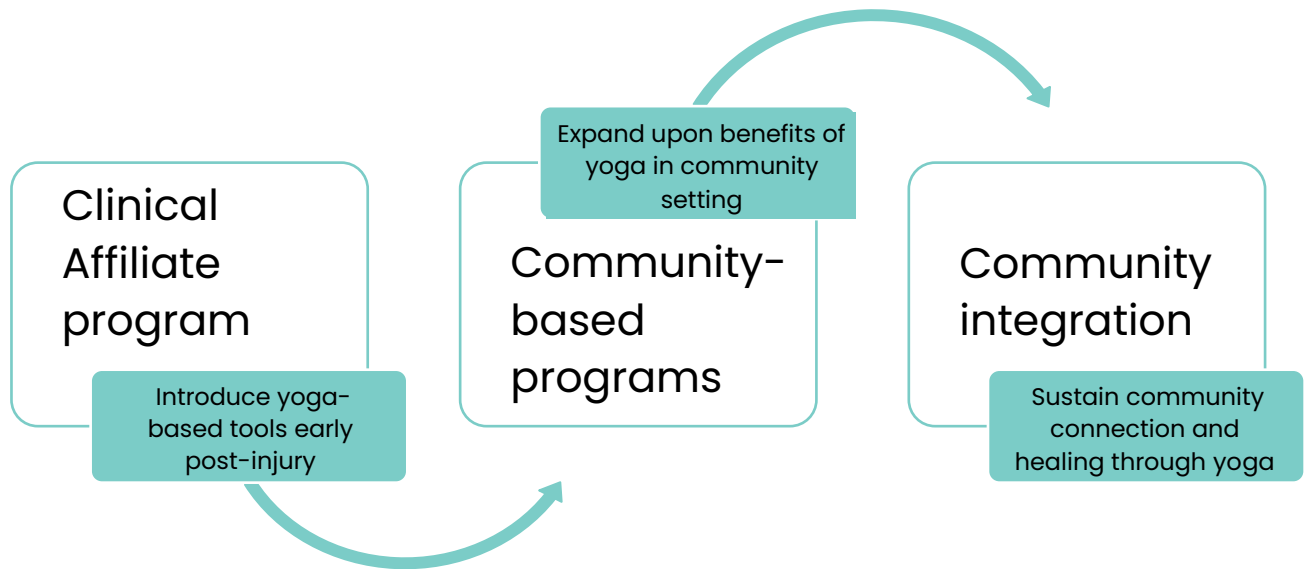
## LoveYourBrain Yoga Program

Our program includes a six-session gentle yoga series that follows a manualized curriculum designed based on the science of resilience (Southwick & Charney, 2012). Each class follows the same structure, including:

- 10 min breathing exercise
- 45 min gentle yoga
- 15 min guided meditation and relaxation
- 20 min facilitated discussion with psychoeducation

The Manager of the Clinical Affiliate program works 1:1 with each clinical setting to adapt the class length and structure to meet their patient and facility needs.

Our vision is for LoveYourBrain Yoga to create a more seamless continuum of care for people with acquired brain injury. We want patients to experience the benefits of yoga-based tools early on in their rehabilitation. Then, when they are ready for greater community participation, we want them to be able to continue their healing by participating in our other free programs and resources including our the LYB Retreat Program, online LYB Mindset program, our meditation library and mindfulness courses.



Since our Clinical Affiliate program first launched in June 2017, we have partnered with 24 clinical facilities including acute care hospitals, level 1 trauma centers, inpatient and outpatient rehabilitation facilities and adaptive sports programs. To date, our Clinical Affiliate partners have offered LoveYourBrain Yoga to over 1,200 patients. On average, patients rate the quality of the program 9.5 out of 10.

Our Clinical Affiliates range in size and scope, and include some TBI Model Systems:

- Rehabilitation Hospital of Indiana
- QLI in Omaha, Nebraska
- Neuromotion Physiotherapy Clinics in British Columbia, Canada
- Origami Brain Injury Rehabilitation in Mason, Michigan
- JFK Johnson Rehabilitation Institute in Edison, New Jersey
- Tulane University Center for Brain Health in New Orleans, Louisiana serving veterans with TBI
- Roger C. Peace Rehabilitation Hospital / Prisma Health in Greenville, SC



Patients have shared a range of perceived benefits:

*“Reinforced my belief in ability to overcome limitations. It gave me something positive to look forward to. Helped me appreciate the positions in my life.”*

*“Better sleep and less stress. Reduced anxiety. Greater flexibility and mobility. Knowing I’m not alone by meeting and sharing with other brain injury survivors.”*

*“I have never been able to participate in a conventional yoga class because my brain injury interferes with my balance and my processing speed. I also feel very isolated around my TBI and do not have social support or connection to a community of folks who have or understand TBIs. It was amazing to be able to access both yoga and a supportive community through this program. It was profound.”*

*“It helped me to focus and relax when I feel my anxiety level increases.”*

*“It allowed me to help my family member with a TBI to actually do some yoga and participate in a community. He participated in both the physical and the social aspects, things that he didn’t do much anywhere else.”*

Session	1	2	3	4	5	6
<b>Resilience factor</b>	Physical fitness	Mental flexibility	Realistic optimism	Facing fear	Social support	Meaning + purpose
<b>Theme</b>	Welcome	Balance	Finding positivity	Resilience	Community	Acceptance + gratitude
<b>Pranayama + mindfulness</b>	Equal belly breath ("1, 2")	Equal belly breath ("1, 2")	Heart breath	Ujjayi breath	Ujjayi breath	Heart breath
<b>Asana</b>	Same			Same		
<b>Guided meditation</b>	Body scan	Progressive relaxation	Love within meditation	Mountain meditation	Mantra	Metta
<b>Discussion/ psychoeducation</b>	Connect <ul style="list-style-type: none"> <li>• Ground rules</li> <li>• Story + super hero</li> </ul>	Education <ul style="list-style-type: none"> <li>• Raisin mindfulness exercise</li> </ul>	Connect <ul style="list-style-type: none"> <li>• 1 positive + challenge</li> </ul>	Education <ul style="list-style-type: none"> <li>• Resilience vs recovery</li> <li>• 1 resilient factor</li> </ul>	Empower <ul style="list-style-type: none"> <li>• Talk to new person, share</li> </ul>	Empower <ul style="list-style-type: none"> <li>• What grateful for</li> <li>• Overall reflections</li> </ul>
<b>Quote</b>	Wholeness	Peace	Attitude	Resilience	Community	Gratitude

Figure 1. Overview of the LYB Yoga curriculum structure and components

## Our Impact



We conduct research to contribute to the evidence on yoga's potential benefits for brain injury rehabilitation. Below, we have described some of the evidence supporting our program's benefits.

### **Pilot evaluation**

LoveYourBrain Yoga's six-session curriculum was designed based on the positive results of an evaluation of our eight-week gentle [yoga pilot program](#) for people with acquired brain injury (Donnelly et al, 2017). This study found that people who participated in the yoga intervention reported significant improvements in their quality of life, including in their self-esteem, energy, and motivation, and in their ability to manage negative emotions like loneliness, anxiety, and anger. The control group did not experience any significant improvements.

### **Qualitative evaluation**

LoveYourBrain Yoga has also been evaluated in a [qualitative research study](#) (Donnelly et al. 2019), which demonstrated improvements in strength, balance, flexibility, and attention control and greater sense of belonging, community connection, and ability to move forward with their lives.

*"LYB yoga gave me something to look forward to in contrast to so many days that I feel I have no purpose. (and the things I want to do I cannot tolerate or do not have the energy or ability) My "best" days (or parts) are always followed by my "worst". Yoga helped me with balance. It is a good day that is not followed by a bad day to recover. Knowing I was likely to have a positive experience one day/week for six weeks was reassuring. The classes helped me feel more optimistic and relaxed. The yoga improved my strength and flexibility." - LYB Yoga program participant*

## Quantitative evaluation

A [pre-post study](#) of 705 participants with TBI found significant improvements in overall quality of life, as demonstrated by a 10-point increase from baseline (44.9 SD=17.6) to post-series (54.6 SD=20.7,  $p<0.0001$ ) on the Quality of Life after Brain Injury Overall Scale (QOLIBRI-OS). The QOLIBRI-OS scale asks participants to rate how they feel on six questions (1 = Not at all to 5 = Very) related to physical condition, cognition, emotions, everyday functioning, social life, and future outlook:

1. Overall, how satisfied are you with your physical condition?
2. Overall, how satisfied are you with how your brain is working, in terms of your concentration, memory, thinking?
3. Overall, how satisfied are you with your feelings and emotions?
4. Overall, how satisfied are you with your ability to carry out day to day activities?
5. Overall, how satisfied are you with your personal and social life?
6. Overall, how satisfied are you with your current situation and future prospects?

In addition, we use the valid and reliable TBI-QOL and Neuro-QOL short-forms from the National Institutes of Health to measure program impact on four clinically-relevant outcomes: 1) resilience, 2) cognition, 3) positive affect, and 4) emotional and behavioral dysregulation as measured. Among 705 participants, we also found significant improvements in Resilience (M = 45.1 (SD = 2.8) to M = 46.4 (SD = 2.8),  $p=0.0004$ ), Cognition (M = 34.4 (SD = 1.9) to M = 35.9 (SD = 1.8),  $p<0.0000$ ), and Positive Affect and Well-being scales (M = 48.8 (SD = 2.0) to M = 50.3 (SD = 2.0),  $p<0.0000$ ). No significant improvements were found in emotional and behavioral dysregulation.

## **Research on best practices**

A study published in 2020 sought to identify best practices for adapting and delivering community-based yoga to people with TBI. An online survey was sent to 175 yoga teachers trained to teach LoveYourBrain Yoga, a community-based, 6-session, manualized program for people with TBI and their caregivers. Based on responses from 86 teachers, best practices for adapting yoga for TBI revealed six themes: (1) simple, slow, and repeated; (2) creating a safe space; (3) position of the head and neck; (4) demonstration; (5) importance of props; and (6) special considerations for yoga studios. Three themes emerged for yoga program delivery: (1) structured yet flexible; (2) acceptability of compensation; and (3) time management. To deliver community-based yoga services for TBI, we recommend an environment with props, low light and noise, and sufficient space, along with the facilitation of consistent instruction with a manual that allows for flexibility. We recommend that yoga teachers have skills in physical modifications for the head and neck; slow, simple, and repeated cueing to facilitate cognitive processing; managing challenging behaviors through redirection techniques; and promoting safety through inclusivity, compassion, and personal agency. The results provide a blueprint for yoga teachers and clinicians to make yoga more accessible to the TBI community.

## **Crossover Trial for Multiple Sclerosis**

Although yoga is among the top most popular forms of complementary and alternative medicine used for multiple sclerosis (MS) symptom management, yoga services that are safe and specific to the MS community are largely inaccessible. This crossover pilot trial compared LoveYourBrain Yoga to a control among 15 people with MS living in rural Vermont or New Hampshire. Significant improvements were found in fatigue, positive affect and wellbeing, and anxiety after LoveYourBrain Yoga compared to the control. [The results](#) suggest LoveYourBrain Yoga may improve a range of MS symptoms and offer a means for acquiring new skills

for stress reduction, anxiety management, and overall wellbeing. Participants also reported high satisfaction and over 92% would 'definitely, yes' recommend LoveYourBrain Yoga to a friend or family. Our results show that LoveYourBrain Yoga improved a range of health benefits, which suggest that it may be an effective mode of community-based rehabilitation for MS.

### **Pilot of neuromodulation and yoga intervention for TBI**

The [aim of this study](#) is to (1) develop a combined iTBS+yoga intervention (based on LoveYourBrain Yoga) for mTBI and chronic pain, (2) assess the intervention's feasibility and acceptability, and (3) gather preliminary clinical outcome data on quality of life, function, and pain that will guide future studies.

### **Evolving LYB programs in response to the pandemic**

The COVID-19 pandemic has dramatically increased the demand for and necessity of online services to promote health and wellbeing after TBI. Despite the benefits of yoga, mindfulness, and psychoeducation after traumatic brain injury (TBI), no online programming exists. This pre-post, retrospective study evaluated [LoveYourBrain Mindset](#), a six-week online yoga, mindfulness, and psychoeducation program with weekly interactive Zoom classes and prerecorded mindfulness tools. Two interactive class types (45-minute group discussion, 75-minute group discussion and gentle yoga) are offered to enhance accessibility. People were eligible for this study if they experienced TBI, were a caregiver, or clinician; ≥15 years old; and capable of gentle exercise and group discussion. We analyzed attendance, program ratings, mindfulness tools utilization, and pre/post-intervention differences in QOL, resilience, emotional/behavioral dysregulation, cognition, and positive affect/well-being. Overall, 1539 individuals signed up for LoveYourBrain Mindset with 1093 (71.02%) participating in one/more classes. The mean program rating was 9.09

(SD=1.28). Majority (62.99%) used the mindfulness tools each week. Multiple linear regression models controlling for age, TBI severity, and gender indicated significant improvements in QOL, resilience, emotional/behavioral dysregulation, cognition, and positive affect/well-being ( $p < 0.001$ ). This suggests LoveYourBrain Mindset is feasible, acceptable, usable, and may improve outcomes among people with TBI.



## Teacher Training

To expand access to adaptive yoga for the ABI community, LYB has designed comprehensive 20-hour trainings for clinicians and yoga teachers working in brain injury rehabilitation. Clinicians gain knowledge and skills in best practices for adapting gentle yoga, meditation, and pranayama for use in clinical practice to address physical, emotional, and cognitive symptoms. To date, under the leadership of Kyla Pearce (see bio below), LYB has led trained over 2,300 yoga teacher and clinicians. On average participants rate the quality of this training 9.6 out of 10 (0 = poor to 10 = excellent).

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*“The collaborative nature of the LYB yoga teacher training program was invaluable. Being able to participate in the training with the yoga teachers gave me a better understanding of what my clients will be doing, how to communicate the benefits of the program, and how to identify which client would be a good candidate. Kyla did a wonderful job presenting on the impact of TBIs, and the brain education portion of the course was a nice refresher for the clinicians. I think it is important for all of us as clinicians to educate our clients on the benefits that yoga and meditation can have on their healing process.” – Ariella Ahlzadeh, CCC-SLP, Shepherd Pathways*

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## Kyla Pearce



Kyla Pearce (she/her), MPH, PhD, CBIS, RYT-200, Senior Director of the Yoga program, has blended her expertise as a yoga teacher, researcher, and caregiver to develop the LoveYourBrain Foundation's Yoga program curriculum. Kyla designed and leads LYB's trainings to equip yoga teachers and clinicians with the knowledge and skills to adapt yoga and meditation for brain injury, including physical, cognitive, and social modifications. She has been an invited faculty at several conferences related to using yoga for improving physiological and psychosocial outcomes, including at the Yoga for Traumatic Stress Conference in Sedona, AZ and for the Yoga Service Conference in Rhinebeck, NH. Kyla is also a postdoctoral research scholar at The Dartmouth Centers for Health and Aging through which she leads a research portfolio on the application of yoga and meditation for rehabilitation among people with brain injury and other neurological conditions. She has published her research in some of the leading journals on brain injury rehabilitation, including *Brain Injury* and *Disability and Rehabilitation*, and has presented her work at many academic conferences focused on innovative approaches for brain injury rehabilitation. To support clinicians to integrate yoga and meditation into their clinical practice, she also leads in-service presentations describing the evidence of using these practices to support TBI rehabilitation.

## Jackie Farrell

Jackie Farrell, (she/her) OT, MSOT, OTR, CBIS, E-RYT-200, Manager of the Clinical Affiliate Program, is an occupational therapist, LoveYourBrain yoga teacher and certified brain injury specialist. As a clinician and yoga teacher, she integrates evidence-based practices from her experience in neurological rehabilitation as well as applying emerging new evidence on yoga and meditation practices. Jackie had experience teaching the LYB



Yoga Program in Boston, MA as well as the LYB Mindset program online. She co-facilitates the LYB Yoga Teacher Training and Training for Health Professionals. As the Manager of the Clinical Affiliate Program, she provides 1:1 support with clinicians to integrate the LYB Yoga Program within their facility. She blends her experience as a clinician working throughout the continuum of care and in teaching adaptive yoga to help Clinical Affiliates customize the LYB Yoga Program to meet the unique needs of their patients and their facility as a whole.

## LoveYourBrain Clinical Affiliates

LoveYourBrain Yoga delivered by Clinical Affiliates is appropriate for patients who would benefit from a skills-based group for stress management, focused attention, physical activity, emotional regulation, and social engagement. To become a LoveYourBrain Clinical Affiliate, select clinical facilities are invited to complete the following partnership stages (please note, these stages are subject to negotiation on a case-by-case basis).

### Stage 1: Training & In-Service Presentation



#### Training

Our 20-hour teacher training equips clinicians and yoga teachers with the knowledge and skills to adapt yoga, meditation, and breathing exercises to accommodate a broad range of brain injury symptoms and severity levels. Participants will:

- Learn core principles about yoga philosophy and yoga therapy

- Learn how to effectively communicate the evidence-based benefits of yoga and mindfulness to patients and colleagues
- Practice and learn chair yoga techniques for patients with mobility limitations, vestibular disorders, and spasticity
- Hands-on experience learning gentle yoga modifications, effective sequencing, and fundamental teaching tips to meet the unique needs of this population
- Learn key principles of neuroanatomy and neurophysiology as applied to the yoga context
- Learn the structural and functional pathways of neuroplasticity and its influence healing
- Learn the science of yoga nidra and how it can be applied to the TBI population to address sleep and mental health concerns
- Know how to deliver a yoga nidra script tailored for brain injury
- Learn a variety of simple meditation practices and pranayama techniques to improve attention control, nervous system regulation, sleep quality and mood that can be integrated in clinical practice
- Learn about the benefits of specific types of meditation (e.g., mindfulness, visualization, metta, mantra) and when to use each type to address symptoms of brain injury
- Understand the component therapeutic benefits and applications of yoga and pranayama
- Review common billing codes and how the yoga practice fits under each scope
- Learn the strengths and weaknesses of research evaluating the feasibility and impact of yoga and meditation for TBI rehabilitation and
- Learn how to design a research study (e.g., identify valid and reliable measures, submit an IRB, collect data) to assess impact of a yoga-based intervention at your clinical facility

- Learn the LYB 6-session Yoga Program, which incorporates TBI-focused yoga and meditation best practices, class themes to foster resilience and compassion, and facilitated discussion
- Learn how to use yoga to simultaneously give and receive care and thus avoid burnout and how mind-body awareness facilitate compassionate boundaries
- OTs who complete this training are eligible to receive 2.0 CEUs (20 contact hours) through the American Occupational Therapy Association. LoveYourBrain is an AOTA Approved Provider of professional development.

## **In-Service Presentation (virtual)**

To ensure that rehabilitation professionals have an in-depth understanding of the evidence and recent innovations in this area, we will conduct a formal in-service presentation typically led by Kyla Pearce or Jackie Farrell (typically offered virtually). This 1-hour presentation includes both didactic and applied components. Specifically, we provide an overview of the literature describing the evidence-based benefits of yoga for brain injury rehabilitation and discuss the strengths and limitations of relevant research. We describe the LoveYourBrain Yoga program and guide participants through examples of yoga and meditation practices we have adapted for the brain injury population. We also present the results of quantitative and qualitative research evaluating our program throughout the US and Canada.

## **Stage 2: Program Implementation & Ongoing Support**

After clinical facilities have successfully completed the LYB Yoga Training, we appoint the institution as a “LoveYourBrain Clinical Affiliate” with a one year license to use our curriculum. Affiliates are able to brand themselves as such which includes using our “LoveYourBrain Clinical Affiliate” logo for marketing purposes (e.g., social media, website, print publications). LoveYourBrain Clinical Affiliate facilities have the opportunity to renew their license annually if they have successfully implemented the curriculum and receive approval from the LoveYourBrain Foundation.

## Tailoring the Program to Your Patients



Before starting each series, we consult with the yoga teaching team and relevant clinical staff to suggest any revisions to our curriculum to ensure it meets the needs of the prospective participants. We understand that clinical facilities may be interested in offering the curriculum to multiple acquired brain injury subgroups, and/or to patients with different ranges of injury severity, which may necessitate some revisions, such as exclusively using chairs for the physical yoga (asana) component or incorporating more breath work (pranayama) and meditation. With Clinical Affiliates across the continuum of care, the Manager of the Clinical Affiliate program is able to offer creative strategies to integrate the program in various levels of care including acute care, inpatient and outpatient rehabilitation and community-based programming.

## The Crash Reel

We provide a free account to access The Crash Reel documentary for the Clinical Affiliate to share with participants who have signed up for the series. Many of the resilience themes in our series are exemplified in The Crash Reel, thus



watching the documentary provides a valuable framework for participants as they progress through the series.

## **Mentorship**

Before starting each series, we request that yoga teachers submit a recording of them practice teaching the first class. We provide tailored feedback on their teaching methods that are particularly important for the TBI population (e.g., delivering cues simply and directly, slower pacing of transitions, etc.).

During each series, we provide up to three personalized mentorship calls for teachers to talk about what went well and troubleshoot any challenges.

## **Ongoing Support**

During the series, we are available by phone or email and commit to responding to teacher's inquiries and questions within three days. Together, this ongoing support ensures that we maintain the highest quality standards.

## **Data Analysis**

We provide LoveYourBrain Clinical Affiliates with templates for the eligibility form and feedback forms and also work with Affiliates to tailor data collection materials for their population and unique research interests. We work with Affiliates to collect and report relevant data to LoveYourBrain, such as:

- # LYB Yoga programs offered per year
- # Attendance per program
- Program quality and satisfaction rating
- Clinical outcome scores at baseline/post-series

This data can be used by the Affiliate for their own quality improvement, marketing purposes, research interests and also for LYB's monitoring and evaluation purposes.

## Kevin Pearce Keynote Speaker

Also, if you are interested in having Kevin Pearce as a keynote speaker, please read his bio: In the blink of an eye, Kevin Pearce went from being an Olympic gold medal hopeful to suffering a near-fatal TBI. By drawing upon his own unwavering optimism, the discipline that he developed as a world-class athlete, the love of his family, and the support of numerous healthcare professionals and caregivers, Kevin made amazing progress that continues to this day. His journey led him to found the LoveYourBrain Foundation alongside his brother, Adam Pearce, to serve others affected by TBI through programs that build community. Now, Kevin is a respected keynote speaker, sharing his personal transformation following his TBI with audiences across the globe. His message of positivity and resilience leaves people feeling inspired, moved, and motivated. Each of his talks incorporates the following takeaways:

1. Kevin's personal approach to healing and moving forward
2. Key strategies for learning how to Love Your Brain
3. How yoga and meditation have played a major part of his healing
4. Key approaches to building resiliency



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