

UCLA Research  
Pediatric Pain Program  
David Geffen School of Medicine

# **FREE YOGA FOR YOUNG PEOPLE WITH IRRITABLE BOWEL SYNDROME**



**You may be eligible if you:**

- **Are 14-26 years old**
- **Have irritable bowel syndrome**

Participation in the study will involve attending Iyengar yoga classes twice a week for six weeks. Each session will last 1.5 hours and will be taught by an experienced Iyengar yoga teacher. Iyengar yoga is a tradition of yoga that has therapeutic practices for people with health issues. Classes are specially designed for IBS-related issues and tailored to individual needs.

You will be asked to fill out questionnaires about your health and pain experiences. You will also be asked to perform some safe laboratory stress/pain tasks and provide saliva samples.

**For more information, please call:  
(310) 475-3191, ext. 221  
or e-mail [klung@mednet.ucla.edu](mailto:klung@mednet.ucla.edu)**

*Dr. Lonnie Zeltzer, M.D. and Dr. Subhadra Evans, Ph.D., at the UCLA Mattel Children's Hospital are conducting this research.*