

APPENDIX D Study Protocol Class Procedures

Yoga for a Healthy Heart Protocol						
	Assessment	Yoga physical practice	Yoga Breathing Practice	Yoga Meditation	Discussion with class theme	Assessment
Week 1	Mini and Medi-Cog, Perceived Stress Scale, BP	Chair-based yoga	Natural breath awareness; abdominal breathing	Yoga Nidra	Joint protection; "Do no harm"	Post-class BP
Week 2	Pre-Class BP	Chair-based yoga	Natural breath awareness; abdominal breathing	Yoga Nidra	Awareness of breathing pattern and posture; truthfulness	Post-class BP
Week 3	Pre-Class BP	Chair-based yoga	Natural breath awareness; thoracic, abdominal breathing	Yoga Nidra	Awareness of digestion and posture; simplicity	Post-class BP
Week 4	Pre-Class BP	Chair-based yoga	Natural breath awareness; thoracic, abdominal breathing	Yoga Nidra	Awareness of perceived effort; non attachment	Post-class BP
Week 5	Pre-Class BP	Chair-based yoga	Segmental diaphragmatic breathing stage one; add clavicular	Yoga Nidra	Awareness of breath with movement; Non-excess concept	Post-class BP
Week 6	Pre-Class BP	Chair-based yoga	Segmental diaphragmatic breathing stage two	Yoga Nidra	Energy conservation; self-study	Post-class BP
Week 7	Pre-Class BP	Chair-based yoga	Full diaphragmatic breathing with one to one ration	Yoga Nidra and Ajapa visualization with mantra "I am..." with positive	Energy conservation; acceptance	Post-class BP
Week 8	Mini and Medi-Cog, Perceived Stress Scale, BP	Chair-based yoga	Full diaphragmatic breathing with one to two ratio; ujjayii	Yoga Nidra and Ajapa visualization with mantra "I am..." with positive	Home Program; Self-discipline; Conclusion of class	Post-class BP