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## SIGN UP

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1

VISIT OUR WEBSITE

[www.loveyourbrain.com/yoga](http://www.loveyourbrain.com/yoga)



2

CHOOSE A PROGRAM LOCATION AND  
COMPLETE THE ELIGIBILITY SURVEY



3

ATTEND THE FUNDAMENTALS  
6-WEEK YOGA SERIES



**LOVE**  
**YOUR BRAIN.**  
Y O G A

**LEARN MORE AND STAY CONNECTED**

**[WWW.LOVEYOURBRAIN.COM](http://WWW.LOVEYOURBRAIN.COM)**

RAISE AWARENESS    #LOVEYOURBRAIN

**"THE CRASH REEL" DOCUMENTARY**

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**GENTLE YOGA  
AND MEDITATION  
FOR THE TBI COMMUNITY**

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## WHO WE ARE

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

Our message—LoveOurBrain—embodies our positive approach to brain injury prevention, recovery, and health.

## THE LYB YOGA PROGRAM

We support people who are affected by TBI and their caregivers to participate in community-based gentle yoga classes tailored to their needs. Our program includes a free six-week yoga series, the FUNDamentals Series, designed exclusively for this group. Each class follows a similar structure:

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

After completing it, participants can access other gentle yoga classes taught to the broader community for a discounted rate.

## WHO IS ELIGIBLE?

We welcome people with post-concussion syndrome, mild to moderate TBI, and severe TBI, if they meet the criteria below, and their support people. Our program is suitable for anyone who would benefit from a skills-based group for stress management, focused attention, and physical activity. They should be:

- ✓ able to move without assistance
- ✓ open to participating in group discussion
- ✓ able to follow instructions & regulate emotions
- ✓ able to attend all classes (1st class mandatory)
- ✓ younger than 70 years of age



## OUR LOCATIONS

**United States:** Arizona • California • Colorado • Georgia • Massachusetts • Nebraska • New Hampshire • Oregon • Washington • Vermont

**International:** Ontario • Quebec

## EVIDENCE-BASED PRACTICES

We evaluated the impact of our yoga program with Dartmouth College and found improvements in executive functioning and quality of life. Other benefits of yoga and meditation for brain injury include:

- ✓ strength and balance (Schmid et al., 2015)
- ✓ quality of life (Silverthorne et al., 2012)
- ✓ less mental fatigue (Johansson et al., 2012)
- ✓ attention (Cole et al., 2015)
- ✓ self-efficacy (Azulay et al., 2013)
- ✓ memory (Azulay et al., 2013)

Yoga inspires strength and accomplishment. Meditation creates a more positive, flexible, and peaceful mind. These practices improve your connection with yourself, people in your life, and your community. They bring happiness and hope.

*"To everyone who made this yoga series possible for people like me, THANK YOU! I desperately needed something to look forward to. Something that felt like fitness, something I could tolerate, something I could share with others who struggle with the effects of a TBI, something where I didn't have to talk about it unless I chose to, something that does not involve thinking about it because I used to be able to do some much more... something hopeful."*

- ELLEN, TBI SURVIVOR