

Are you a Veteran who experienced trauma?

We are looking for Veterans of the Canadian Armed Forces or the Royal Canadian Mounted Police who experience symptoms of post-traumatic stress disorder (PTSD).

As part of a new study, you would participate in a breathing-based meditation program that may help with your symptoms of PTSD.

This study will investigate a form of breathing-based meditation called Sudarshan Kriya Yoga (SKY). SKY may improve symptoms of PTSD. The SKY program will be taught, in English and French, by instructors through online group video calls over a six-week period.

Want to learn more?

If interested, or for more information, please contact study staff at by

phone: 647-804-6121

email: SKY.PTSD@sinaihealth.ca

Please note that security of email messages is not guaranteed and email should not be used to discuss information you think is sensitive.

Or, visit the study website at
<https://subjectmatter.ca/ptsd-study/>

Study Investigator:

Ross Upshur, 416-461-8252

ross.upshur@sinaihealth.ca



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