

APPENDIX D
EXPLANATION FOR PARTICIPATION

Experimental group

Explanation: self practice to participate as the experimental group throughout eight weeks.

- You are assessed the demographic data and the stress regarding physical, emotion, and behavioral changes in past a month. Height, body weight, respiratory rate, heart rate, and blood pressure are measured at the beginning before starting the program and every two weeks. Stress will be assessed again at the end of 8th weeks
- You must practice yoga program with the researcher in the evening three times a week throughout 8 weeks.
- You need to do your activities daily living, exercise, and including your eating behavior as usual until completely data collection.

EXPLANATION FOR PARTICIPATION (continued)

Control group

Explanation: self practice to participate as the control group throughout eight weeks.

- Since you decide to participate in this study as a control group, you are interviewed the demographic data and the stress assessment regarding physical, emotion, and behavioral changes in past a month. Height, body weight, respiratory rate, heart rate, and blood pressure are measured at the beginning before starting the program and every two weeks. Stress will be assessed again at the end of 8th weeks.
- You need to do your activities daily living, exercise, and including your eating behavior as usual until completely data collection.
- After eight weeks, you are invited to practice yoga as you want or you are received a yoga cassette tap guidance to practice yoga at home.