

INTRODUCTION

- Multimorbidity is common in older adults and associated with high levels of illness burden and healthcare expenditure
- Yoga might be a useful intervention because it is low cost, simple, and can address several health conditions simultaneously
- Gentle Year Yoga (GY) is a yoga programme that was developed for older adults with chronic conditions
- A pilot trial of GY demonstrated feasibility and encouraging preliminary data (Tew et al., 2017; see QR code)
- The aim of the current trial is to determine the clinical and cost effectiveness of the GY programme plus usual care versus usual care alone in community-dwelling older adults with multimorbidity

METHODS

- TRIAL DESIGN:** Multi-site, individually-randomised, controlled trial with embedded process and economic evaluations (Fig. 1)

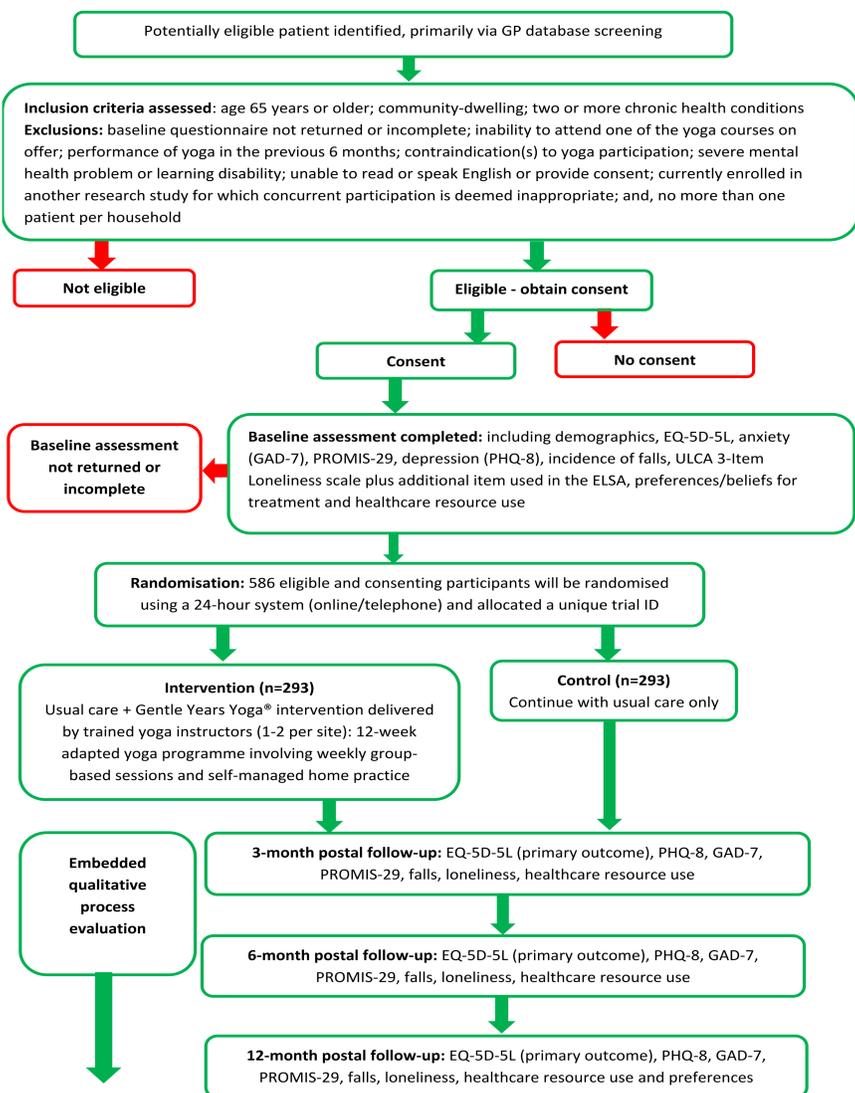
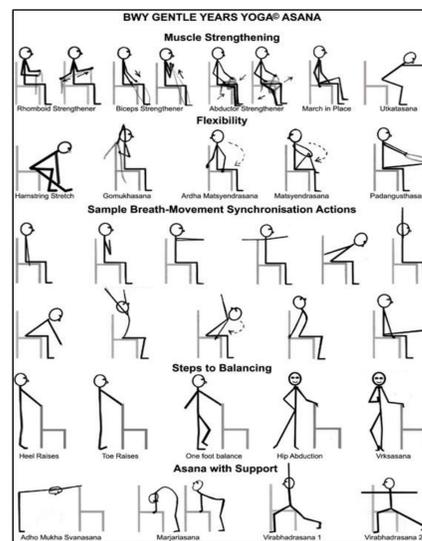


Figure 1. Overview of the study design.

THE YOGA INTERVENTION

- NAME:** The British Wheel of Yoga GYY© programme (<https://www.bwy.org.uk/gentleyearsyoga/>)
- PROVIDERS:** Yoga teachers with the GYY qualification
- SETTING:** Community-based venues (e.g. village hall)
- CONTENTS:**
 - Twelve 75-minute, group-based sessions over 12 weeks
 - Introduction to weekly theme
 - Seated and standing poses
 - Educative postural advice
 - Breath work
 - Concentration activities
 - Relaxation activities
 - Post-class social activities
 - Encouragement to practice yoga at home on most days



Link to project video:



Link to pilot paper:



PROJECT MILESTONES

- Commence recruitment: July 2019
- Complete recruitment: July 2021
- Complete follow-up: July 2022
- Submit final report: December 2022

REFERENCES

- Tew GA, Howsam J, Hardy M, Bissell L. Adapted yoga to improve physical function and health-related quality of life in physically-inactive older adults: a randomised controlled pilot trial. *BMC Geriatrics*. 2017;17(1):131.