



BLU MATTER
P R O J E C T

Application Form

Blu Matter Project acts as a liaison for qualified recipients living with Depression and/or Bipolar Disorder and a research project examining the effects of a regular yoga practice on those individuals.

For 6 months, participants will attend a minimum of 2 yoga sessions a week at IAM Yoga (680 Yonge Street) and attend monthly community events to gain appropriate information required to maintain yoga practice, as well as participate in group discussions pertaining to various aspects of exercise and mental health.

You are eligible to apply for our program if you have an interest in discovering the benefits of yoga, are 20 years of age or older, have an interest in contributing to research in yoga as an intervention for individuals with Depression and/or Bipolar Disorders, and can provide a letter from your treatment facility or physician confirming your diagnoses.

This study looks to understand how an exercise intervention, such as yoga, can aid individuals living with Depression and/or Bipolar Disorders. The study endeavor to understand how various aspects of a yoga can benefit the participants through maintaining a regular yoga practice. It will be 6 months in duration, participants will be required to participate in yoga, a minimum of twice a week, for those 6 months; while also attending monthly community events. Participants will be filling out questionnaires throughout the study to track mood states throughout the study duration.

Please complete the following application form to express your interest in this initiative with Blu Matter Project. Our team will follow up with you, and our hope is that the research project will begin in the spring. Your information on this form will not be shared and will be used for contact purposes only.



BLU MATTER P R O J E C T

Please submit your application by mail or scan documents and email to:

Mail:

Blu Matter Project, Attention Project Coordinator
38 Walpole Ave,
Toronto, ON M4L 2H9

*Please attach your treatment facility or a physician's note confirming diagnoses

Email:

info@blumatterproject.com

Subject Line: "BMP APPLICATION"

* Please attach a scanned copy of your treatment facility or physician's note confirming diagnoses and application form – original copies must be provided upon request.



BLU MATTER PROJECT

Date of Application: _____

Name: _____

Address: _____
Street City Postal Code

Phone #: _____ Email: _____

Age: _____

How did you hear about Blu Matter Project: *(Check the applicable circle)*

- | | |
|--|------------------------------------|
| <input type="radio"/> CAMH | <input type="radio"/> Social Media |
| <input type="radio"/> Blu Matter Event | <input type="radio"/> Website |
| <input type="radio"/> Physician | <input type="radio"/> Other: |

Name: _____

How often do you currently practice yoga?

- | | |
|---|---|
| <input type="radio"/> New to yoga 😊 | <input type="radio"/> I have tried yoga a couple of times |
| <input type="radio"/> I have tried yoga and practice infrequently | <input type="radio"/> I practice yoga once a month |
| <input type="radio"/> I regularly practice yoga | <input type="radio"/> Other: |

How do you hope to benefit from Blu Matter Project?

Would you be willing to make anonymous blog postings for use on Blu Matter Project's website? *Your contribution will help us generate a conversation about the positive benefits yoga has for some individual living with depressive disorders. Your name will not be identified.*

- Yes
- No



BLU MATTER PROJECT

A component of the research project is attending a monthly community event at IAM Yoga's studio. For planning purposes, please share your preferred meeting times:

A member of our team will be in touch with you as soon as possible notifying you of your status. Thank you for your interest!

Signature of Applicant

Date

How can we help you?

If you have any questions comments or concerns about the application process please email info@blumatterproject.com.