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| Monash_2-RGB  **#MindinBody**  **Exercise for pain and stress relief**  A Monash University Research Study  We are currently looking for volunteers to participate in a study investigating the effects of different types of exercise for pain and stress relief.   * The study is open to females aged between 20 and 50, with a history of trauma and who also suffer from a chronic pain condition. * If you decide to participate you will be randomly assigned to participate in either supervised Bikram Yoga classes, or coached Adrenaline HIT sessions, 3 times a week for 8 weeks. * Both types of exercise will be offered for **FREE** at numerous sites around inner Melbourne. * After completing the 8 week program you may be invited to take part in a related focus group discussion   Participation also requires medical clearance from your GP to undertake the 8 weeks of exercise, and, providing a blood sample and completing a range of psychological and health questionnaires before and after the 8 weeks  If you are interested in participating or finding out more about the study and/or your eligibility, please contact me via email, [alison.flehr@monash.edu](mailto:alison.flehr@monash.edu)  Primary Supervisor A/Prof Jan Coles. Co-supervisors: Prof Stephen Gibson and Prof John Dixon  Alison Flehr  PhD Student  Telephone: 0413 066 324  Twitter: @AlisonFlehr  http://www.bikramyogaprahran.com.au/images/bikram-yoga-prahran-logo.png | Monash_2-RGB  **#MindinBody**  **Exercise for pain and stress relief**  A Monash University Research Study  We are currently looking for volunteers to participate in a study investigating the effects of different types of exercise for pain and stress relief.   * The study is open to females aged between 20 and 50, with a history of trauma and who also suffer from a chronic pain condition. * If you decide to participate you will be randomly assigned to participate in either supervised Bikram Yoga classes, or coached Adrenaline HIT sessions, 3 times a week for 8 weeks. * Both types of exercise will be offered for **FREE** at numerous sites around inner Melbourne. * After completing the 8 week program you may be invited to take part in a related focus group discussion   Participation also requires medical clearance from your GP to undertake the 8 weeks of exercise, and, providing a blood sample and completing a range of psychological and health questionnaires before and after the 8 weeks  If you are interested in participating or finding out more about the study and/or your eligibility, please contact me via email, [alison.flehr@monash.edu](mailto:alison.flehr@monash.edu)  Primary Supervisor A/Prof Jan Coles. Co-supervisors: Prof Stephen Gibson and Prof John Dixon  Alison Flehr  PhD Student  Telephone 0413 066 324 Twitter: @AlisonFlehr |