

# Do you have endometriosis and pain?

And want to improve your wellbeing?

**We are examining the effectiveness of mind-body interventions for people with endometriosis and pain.**

Eligible participants will be randomised to 1 of 3 mind-body interventions for 8-weeks. Participants will need to meet the study criteria\* and participate in an interview to take part in the study.

For more information please email:  
**[thehappistudy@deakin.edu.au](mailto:thehappistudy@deakin.edu.au)**

\*To be eligible you will need to have diagnosed endometriosis (documented in a letter from your physician), be at least 18 years of age, not currently pregnant, have access to the internet, no major physical issues or injuries and not undergone a recent course of therapist-led yoga or cognitive behaviour therapy.



**Barwon  
Health**

