

**PARTNER SEARCH FORM**

Date of publication of this form: 4 April 2014

<b>Name of Organisation</b>	<b>Research Centre of the European University of Cyprus (EUC)</b>
<b>Type of Organisation</b>	Public Body      SME/SME association      Other private actor <b>x</b> Non profit Organization      Regional Body Agency      Other (Specify)
<b>Call</b> - Title and call identification - Funding programme - EC service - Link to the call document - Closing date	<b>Sport Collaborative Partnerships - EAC/S11/13</b> Erasmus+ EACEA – Education, Audiovisual and Culture Executive Agency <a href="http://eacea.ec.europa.eu/erasmus-plus/actions/sport/collaborative-partnerships_en">http://eacea.ec.europa.eu/erasmus-plus/actions/sport/collaborative-partnerships_en</a> <b>15 May 2014</b>
<b>Outline of the project idea</b>	<p><b><u>Background</u></b> Presently in Europe between 40 and 60% of the EU population lead a sedentary lifestyle which results in the increase of chronic diseases and premature death. A considerable number of studies have demonstrated the beneficial effects of Yoga on health behavior in many life style-related somatic problems such as hypertension, arthritis, bronchial asthma, excess weight, diabetes, including psychiatric conditions such as anxiety neurosis and depressive illness, etc. Yoga is a physical, mental and spiritual discipline that has been increasingly recognized and practiced in Europe as a form of physical activity for the maintenance of general well-being. However, research, dissemination of information and active promotion of yoga as a healthy physical activity in the community is limited in Europe. A European consortium gives the opportunity to learn and exchange experience with partners from different backgrounds thus enhancing creativity and effectiveness.</p> <p><b><u>Project objectives</u></b> The overall aims of the project are:</p> <ul style="list-style-type: none"> <li>• to promote voluntary activities, social inclusion, and equal opportunities in sport by introducing yoga to the wide population</li> <li>• to raise awareness in the community of the health benefits of yoga as physical activity</li> <li>• increase participation in physical activity at local and European level through the practice of yoga</li> <li>• to research and share experience and best practices of teaching Yoga to people with various health conditions (eg. High blood pressure)</li> <li>• to develop tools that can be used by adult learners to acquire knowledge regarding these practices and their benefits</li> <li>• to create a network of organizations for future collaboration</li> </ul> <p><b><u>Activities</u></b></p> <ul style="list-style-type: none"> <li>• academic research in the areas of public health and yoga benefits for health</li> <li>• research and design yoga programs for various groups according to</li> </ul>

	age, health conditions <ul style="list-style-type: none"> <li>• promotion of yoga as physical activity in the community</li> <li>• organization of yoga classes, seminars, and other events to increase participation in yoga practice</li> <li>• website development and dissemination of project outcomes at local and EU level</li> </ul>	
<b>Keywords</b>	Yoga, health behaviour, healthy physical activity, social inclusion	
<b>Foreseen duration of the project</b>	01/01/2015 – 31/12/2016	
<b>Type of Partner</b>	Consortium	Position within consortium
	<input checked="" type="checkbox"/> Create a new consortium <input type="checkbox"/> Join an existing consortium	<input checked="" type="checkbox"/> As a coordinator <input type="checkbox"/> As a partner
<b>Partner Sought</b>	<ul style="list-style-type: none"> <li>• Non-profit organizations or public bodies with experience in the promotion of health and physical activity;</li> <li>• Other non-profit organizations or public bodies having the organizational capacities and qualified personnel for the implementation of the described activities</li> </ul>	
<b>Answers expected before</b>	<b>30 April 2014</b>	
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