

PARTNER SEARCH FORM

Date of publication of this form: 4 April 2014

Name of Organisation	Research Centre of the European University of Cyprus (EUC)
Type of Organisation	Public Body SME/SME association Other private actor x Non profit Organization Regional Body Agency Other (Specify)
Call - Title and call identification - Funding programme - EC service - Link to the call document - Closing date	Sport Collaborative Partnerships - EAC/S11/13 Erasmus+ EACEA – Education, Audiovisual and Culture Executive Agency http://eacea.ec.europa.eu/erasmus-plus/actions/sport/collaborative-partnerships_en 15 May 2014
Outline of the project idea	<p><u>Background</u> 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><u>Project objectives</u> The overall aims of the project are:</p> <ul style="list-style-type: none"> • to promote voluntary activities, social inclusion, and equal opportunities in sport by introducing yoga to the wide population • to raise awareness in the community of the health benefits of yoga as physical activity • increase participation in physical activity at local and European level through the practice of yoga • to research and share experience and best practices of teaching Yoga to people with various health conditions (eg. High blood pressure) • to develop tools that can be used by adult learners to acquire knowledge regarding these practices and their benefits • to create a network of organizations for future collaboration <p><u>Activities</u></p> <ul style="list-style-type: none"> • academic research in the areas of public health and yoga benefits for health • research and design yoga programs for various groups according to

	age, health conditions <ul style="list-style-type: none"> • promotion of yoga as physical activity in the community • organization of yoga classes, seminars, and other events to increase participation in yoga practice • website development and dissemination of project outcomes at local and EU level 	
Keywords	Yoga, health behaviour, healthy physical activity, social inclusion	
Foreseen duration of the project	01/01/2015 – 31/12/2016	
Type of Partner	Consortium	Position within consortium
	x Create a new consortium Join an existing consortium	x As a coordinator As a partner
Partner Sought	<ul style="list-style-type: none"> • Non-profit organizations or public bodies with experience in the promotion of health and physical activity; • Other non-profit organizations or public bodies having the organizational capacities and qualified personnel for the implementation of the described activities 	
Answers expected before	30 April 2014	
Contact Person Name, Surname: Address: Tel: E-mail:	Simona SCHRAMMEL E.U.C. Research Centre 6 Diogenes Str. Engomi 1516 Nicosia, Cyprus Tel. +35722713136 S.Schrammel@euc.ac.cy	