

Research Participation Opportunity

- We are seeking participants for our research study titled *Physiological Responses to Activity by Novice vs. Advanced Ikebana Practitioners*. The purpose is to investigate the physiological changes during performance of a meditative activity such as ikebana, as well as to see if there is a difference in newer and more experienced practitioners.
- We will be using an instrument called iWorx. It allows us to measure heart rate, blood pressure, and other biological signs. We will also be using a short survey and an interview to look into how you began your ikebana journey and how it has affected your life.
- We are looking for participants who are either a deshi or a sensei.
- The session will last about 1 hour. All data that we collect whether voice recording for interview or bio-data from iWorx will be kept **completely anonymous, secured in our building, and destroyed at the conclusion of the study.**
- If you fit into one of our group categories, please consider helping us gain a deeper understanding of activity engagement and ikebana practice.
- If interested, please Email – jp2266@nova.edu or call 813-574-5429, or sign up in the provided signup sheet.

