

Design Document

Topic	Audience	Learning Objectives	Modality	Measurement
<i>Topic to be covered during the training</i>	<i>The target audience for the topic</i>	<i>Learning objectives for that topic</i>	<i>The modality you'll use to teach that topic</i>	<i>How success will be measured</i>
How yoga and mindfulness reduce stress	Women undergoing fertility treatments (IUI or IVF)	Learners will be able to explain how practicing yoga and mindfulness reduces stress.	eLearning course	Quiz questions
Yoga poses and blood flow	Women undergoing fertility treatments (IUI or IVF)	Learners will be able to explain which yoga postures most effectively increase blood flow during fertility treatments.	eLearning course	Quiz questions
Practicing yoga and mindfulness	Women undergoing fertility treatments (IUI or IVF)	Learners will be able to practice yoga and mindful breathing.	eLearning course Instructor Led Training Infographic	Survey (stress levels before and after yoga and mindful breathing). Fertility outcomes
Creating your yoga sequence	Women undergoing	Learners will be able to create their own yoga sequence that	eLearning course	Written course sequence

	fertility treatments (IUI or IVF)	reduces stress and increases blood flow.		Video of learners completing the eLearning
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