

Yoga for Medical Conditions

Patient Information Leaflet

Yoga is a holistic practice originating in ancient India. It encompasses; a physical practice and poses; breath work; and relaxation skills, including mindfulness. Research has shown that yoga is a relevant and effective treatment option for musculoskeletal, some chronic diseases and some mental health conditions and is recommended in several national medical guidelines and by the NHS. It can be helpful in patients with pain, stiffness, poor range of movement, reduced strength, limited flexibility, slow walking, stress, high blood pressure, diabetes, anxiety or depression.

What to Expect

The yoga for medical conditions course runs weekly. Classes are an hour long, giving time to learn and settle in to gentle practice. Each class has been carefully planned and is based on evidence from medical research. In each class, there will be time for questions, breath work, warm up, physical poses and mindful relaxation.

Where

Classes are held at the William Sutton Village Hall, 31 Miles Mitchell Ave, Crownhill, Plymouth, PL6 5LY
There is plenty of free parking in front of Hall.

When

Tuesdays, 5.15 – 6.15 pm

Investment

£9 per class

What to Wear

Loose or stretchy clothing that you can move all your limbs freely in and that you feel comfortable wearing. Sports shorts, t-shirts, vests, jogging bottoms or leggings are all great. In yoga we don't wear socks or shoes so we can feel the mat with our feet during the active part of the class. During relaxation we will be still on our mats so you may like to have something warmer to put on then.

What to Bring

Really you just need to bring yourself! But you may like to bring some water. Mats and yoga props will all be available at the class and included in the course investment but if you have your own you are very welcome to bring them.

Contact

To discuss starting these classes please contact Catherine Falconer or use the website:

Email – c.falconer@hotmail.com

Telephone – 07985 532992

Website – www.plymflowyoga.co.uk

More information is available on the website and feel free to get in touch if you have any questions

