



WHO WE ARE

Edinburgh Community Yoga take the therapeutic benefits of yoga to communities in Edinburgh, ensuring access and inclusion, by working across the cultural, economic and health barriers that inhibit people from taking part.

We aim to provide a learning environment that is safe and supportive, and to equip people with the skills to deal with stress, and improve their health and mental well-being.

We achieve this as a not-for-profit organisation by offering a range of public and corporate classes, retreats, teacher training and trauma informed outreach projects.



EMOTIONAL REGULATION SKILLS FOR HEALTH AND SOCIAL CARE WORKERS

Practical skills and interactive workshop for HSCW's to reduce stress, support teams and encourage wellbeing at work



FRIDAY 15 OCT 1300-1700
£100

**25% DISCOUNT FOR NHS AND
THIRD SECTOR STAFF**

BOOK NOW



LEARN PRACTICAL
TRAUMA-INFORMED
TOOLS FOR STRESS
REDUCTION- USEFUL
FOR PATIENTS,
SERVICE USERS AND
STAFF

UNDERSTAND THE
NEUROSCIENCE OF THE
STRESS RESPONSE

CULTIVATE A
CULTURE OF
COMPASSION AT
WORK



”STARTING THE
MORNING WITH A
TEAM BREATHING
PRACTICE SETS
THE TONE FOR
THE WHOLE DAY-
IT’S BRILLIANT
- ICU
CONSULTANT

01

Chronic Stress and burnout contribute to reduced empathy, reduced patient safety and less effective teams

02

A stressed out brain is more likely to lack focus, concentration and the ability to think rationally

03

Role modelling positive behaviours around wellbeing is crucial for encouraging healthy happy teams

04

Body/Mind strategies including simple movement and breath-work create a bottom up change in physiology allowing greater relaxation, reduced chronic stress and a more focused mindset

