

MOVE, RELAX, CHAT

CHAIR BASED

12 WEEK PROGRAMME OF GENTLE CHAIR BASED EXERCISE AND MOVEMENT

CRAIGMILLAR/NIDDRIE GP PRACTICE,
Craigmillar Medical Group 106 Niddrie Mains Road Edinburgh EH16 4DT

NEXT START DATE: Thursday 15th September 2022 1400-1530

This 12 week chair based programme is funded by EVOC Community Mental Wellbeing Fund

Edinburgh Community Yoga are running 3 x 12 week blocks over the next year. Each 12 week block takes a maximum of 10 participants. Pre and post evaluation data will be collected by Edinburgh Community Yoga. Pre-registration is essential

Our aim is to work with health care professionals and community link workers to offer a yoga programme on social prescription. We are keen to explore how this programme might improve patient physical and mental wellbeing.

See page below for inclusion/exclusion criteria and who might be suitable for referral.

REFER A PATIENT

Click [HERE](#)

Questions/Discussion
admin@edinburghcommunityyoga.co.uk

TEXT/CALL
07931-258-465 (M-F from 12pm-3pm)



SUITABLE FOR

- Chronic Pain
- Supporting Good Mental Health
- Becoming more active/reducing sedentary behaviours
- Meeting people/reducing social isolation

UNSUITABLE FOR

- People with active psychosis or unstable addiction
- People with significant cognitive decline
- Joint Replacement 3/12
- MI/Stroke 3/12
- People unable to stand unaided
- Severe COPD/Heart Failure e.g not mobile/O2
- Unstable osteoporotic fractures/ significant disc or nerve compression

Gentle, chair-based exercises are great for improving posture and balance, and are suitable for people with reduced mobility.

For Info: Participant Disclaimer

Although there are tremendous benefits to overall health and wellbeing, yoga can be physically challenging and carries with it risks that cannot entirely be eliminated. These include the risk of personal injury, or the exacerbation of existing injuries or conditions, or damage to property around you during your participation. Participating in this yoga class is entirely at the participants own risk and they will be asked to read the disclaimer outlined below.

Please ensure you:

- Obtain professional or specialist advice from your doctor before participating if you are in any doubt.
- If you have a health condition, please consult Edinburgh Community Yoga or your teacher directly prior to participating in a class.
- Let the instructor know before the class if this is your first yoga class or if you are not confident about your experience and/or ability.
- Always follow the safety instructions and listen to your body. Where a movement or class is beyond your experience or ability, feels too difficult for you, or you experience any discomfort, please do not continue the movement or class.
- Always act responsibly and sensibly.
- Do not participate if you are in the first trimester of pregnancy or under the influence of alcohol or non-prescription drugs.
- Clear enough space to safely carry out the exercises without hitting items around you.