

# 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 DATES: 10 August 2023, 9 November 23**

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



## SUITABLE FOR

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

## UNSUITABLE FOR

- 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.

### REFER A PATIENT

Click [HERE](#)

Questions/Discussion

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