

# REFERRAL INFORMATION FOR HEALTHCARE AND THIRD SECTOR STAFF

Free trauma-informed, socially prescribed chair and mat-based yoga and meditation classes for people in recovery from drug and alcohol addiction, and people affected by a family member's addiction issues.

## WHO

Classes are for people who are in recovery from drug and alcohol addiction. (Recovery does not need to mean abstinence from all substances but attendance under the influence will not be accepted). Classes are also open to people affected by a family member's addiction issues. Unsuitable for people in active psychosis.

## WHAT

1 x weekly chair yoga class for people with limited mobility/comorbid health conditions or able bodied people who want to take it gently

1 x weekly mat-based yoga class for people a little more physically able (Both classes suitable for absolute beginners with optional time for refreshments and chat at the end)

## WHERE

Chair Class - Weekly on Fridays at 10.30 - 11.45am  
The Health Agency, (green reception) at The Healthy Living Centre

Mat Class - Weekly on Wednesdays at 1.00-2.30pm  
The Community Wellbeing Space, Westside Plaza

## HOW

No drop-ins please. Make a referral using our quick and simple online form here:

<https://edinburghcommunityyoga.co.uk/outreach-projects/social-prescribing/>



Scan me!

## WHY

Current findings increasingly support yoga and mindfulness as promising complimentary therapies for treating and preventing addictive behaviours. The yoga classes are trauma-informed and specifically tailored for people in recovery and experiencing mental health issues.