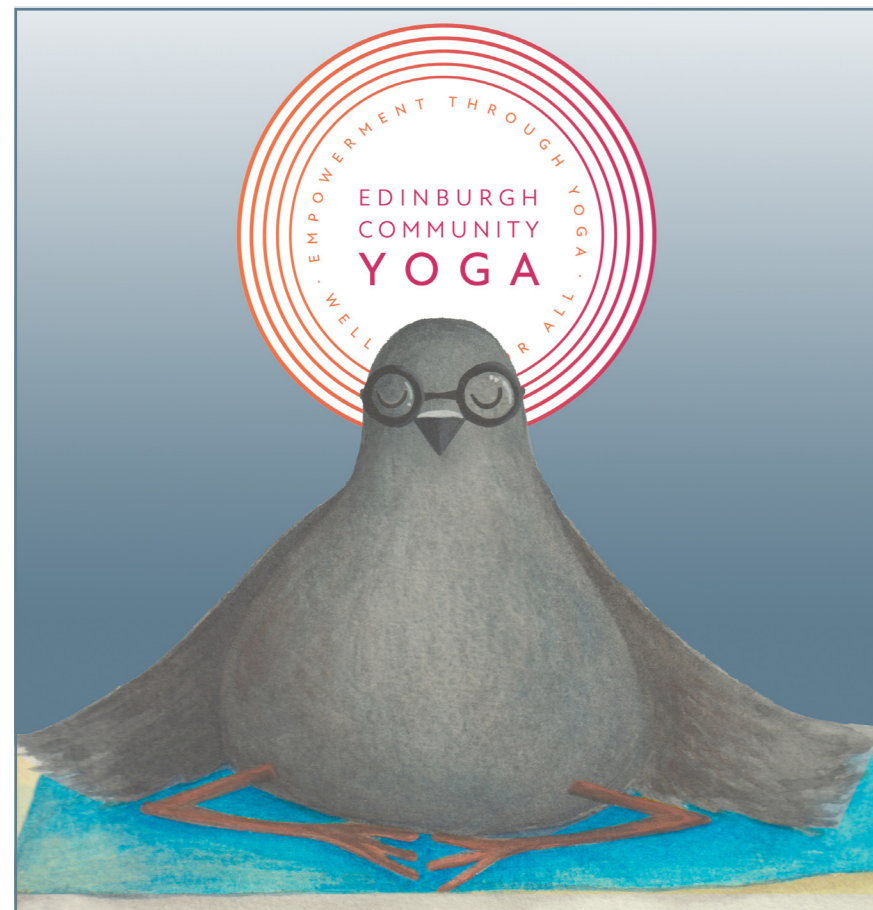


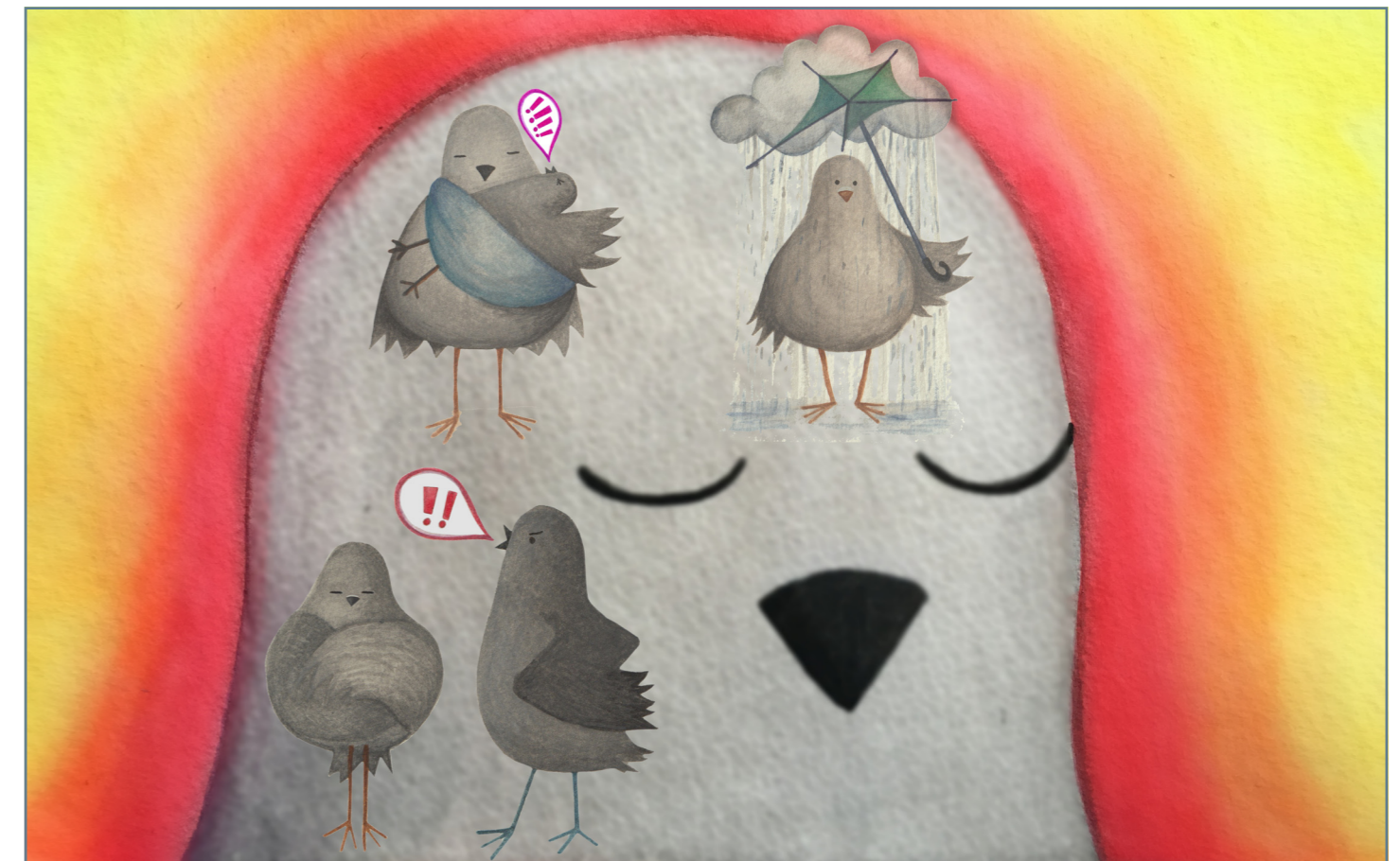
EDINBURGH COMMUNITY YOGA THEORY OF CHANGE



Edinburgh Community Yoga offers inclusive and accessible classes to all. Everybody is welcome to Edinburgh Community Yoga classes.



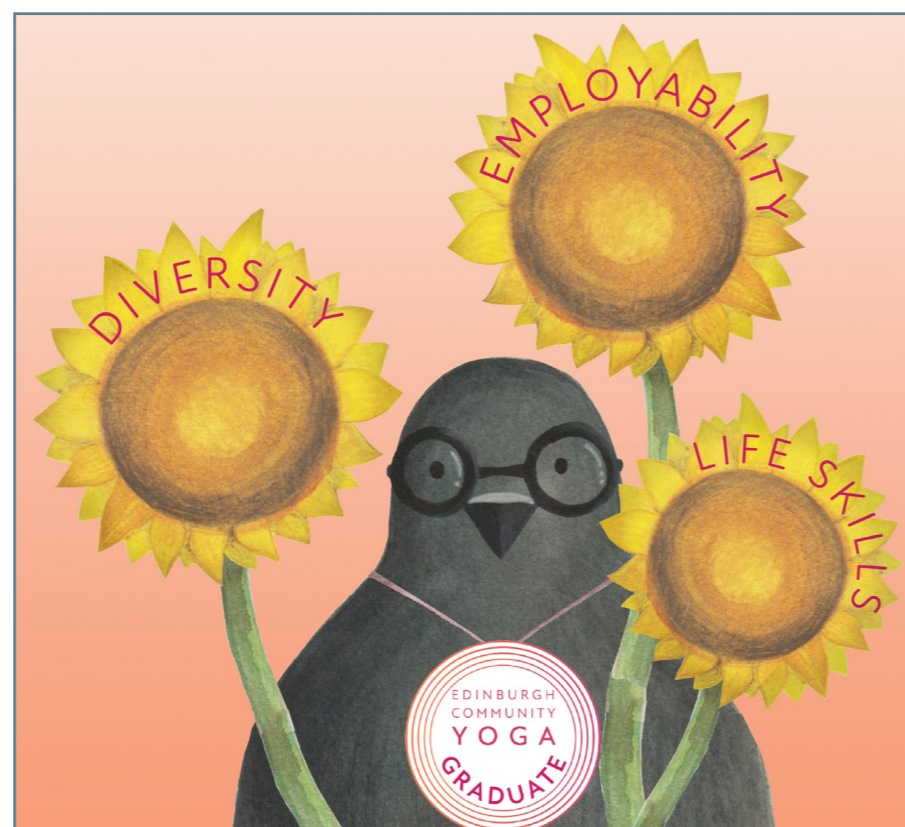
Classes take place in community settings, hospitals and prisons to provide opportunities for everybody to benefit from doing yoga.



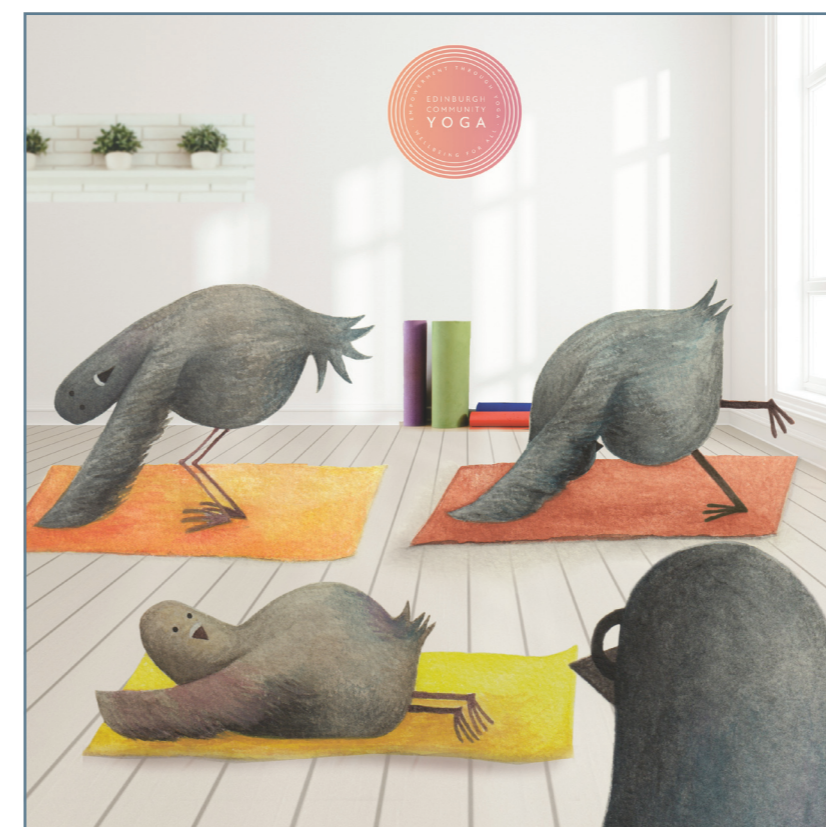
Practicing yoga can help to improve mental and physical health. It can help to feel balanced and to build emotional resilience to support us when we experience stress and conflict in our everyday lives. It can help us stay in the present moment and perhaps feel safer in our bodies.



Edinburgh Community Yoga also offer scholarship and mentorship to outreach students who want to study yoga in more depth, or perhaps to become yoga teachers.



Studying yoga helps with life skills, may increase employability and increases diversity in the yoga community.



New teachers can go on to provide yoga classes in their communities with a unique insight into creating inclusive and welcoming opportunities for all.

