

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 substance use or mental health issues.

WHO

Classes are for people with mental health issues or those who are in recovery from substance use. (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 substance use 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 Thursdays 11 - 12.15 with Moira
The Bothy, 92 Niddrie Mains Road, Craigmillar, EH16 4DT

Mat Class - Weekly on Mondays 4.00-5.15pm with John
Thistle Foundation, 13 Queens Walk, Craigmillar, EH16 4EA

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.