

REFERRAL INFORMATION FOR HEALTHCARE AND THIRD SECTOR STAFF

Free trauma-informed, socially prescribed yoga class

WHO

Classes are suitable for absolute beginners, including people affected by trauma or with low mood and anxiety. They are unsuitable for people in active psychosis. All genders welcome.

WHAT

A weekly trauma-informed mat-based yoga class which includes mindful movement, breath practices and relaxation.

WHERE

Weekly on Mondays 5.45-6.45
The Crannie
9 Cranston Street
EH8 8BE

HOW

Make a referral using our quick and simple online form here. Or if you can't access our website, call or email us for a word version of the referral form.

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



Scan me!

WHY

Current findings increasingly support yoga and mindfulness as promising complimentary therapies for supporting mental and physical health and issues around social isolation. The classes are trauma-informed and mental health aware.

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