

# OLDER ADULTS

**CHAIR BASED CLASSES**

EMPOWERMENT THROUGH  
EDINBURGH  
COMMUNITY  
YOGA  
WELLBEING FOR ALL

**Supporting Individuals to Thrive**

Gentle, chair-based exercises are great for improving posture and balance, and are suitable for people with reduced mobility.

# INTRODUCTION

Our older adult classes focus on meditation, breath work and gentle strengthening and stretching exercises to support postural adjustments, and develop a sense of confidence, freedom and balance in body and mind. We work to ensure all participants are included and like to create a relaxed and respectful atmosphere.

Yoga is a relatively low risk, high yield, non-pharmacological approach to improving overall health. Our approach, while based on yoga and mindfulness practices is underpinned by a thorough understanding of the physiology and neuroscience of the stress response. We consider, mental and physical health and psychological state to make the yoga as appropriate, inclusive, and beneficial as possible for each group

We facilitate regular older adult chair classes for the Beacon Club, which offers a safe space for older people with mild cognitive impairment to mild dementia, B Healthy Together a community-led health project in South West Edinburgh as well as in older adult residential facilities and care homes.

We find that regular sessions are most beneficial. The groups we work with run monthly, fortnightly or weekly classes.

## **Edinburgh Community Yoga is the most established Yoga Outreach Organisation in the Country**

We are a Community Focused Not-for-Profit Social Enterprise and alongside our Workplace Wellbeing initiatives we also run Community Outreach Yoga Programs, which make yoga available for people effected by trauma and poor mental health. Every penny goes back into the organisation to develop our projects. Your custom helps support the development and sustainability of this work.

We run an average of 40 Outreach Community Yoga Classes each month and 30 Public Yoga Classes. Our public classes are subsidised by us and the majority of our students use our concession rate of £5 or subsidised rate £1 for each class they attend.

Our Outreach Programs run with: NHS Mental Health Settings (inpatients and outpatients), Self-Harm Service, The Hive, Forensic Psychiatry, Shakti Womens Aid, Womenzone (Comas), Saheliya, Edinburgh, Veterans, Veterans Community Café, Steps to Hope, Whiteford House, Personal Recovery Centre, Serenity Café, Alcohol Related Brain Damage, Unit-Penumbra Milestone, Lothian Edinburgh Abstinence Programme (LEAP), Triple A, Salvation Arm, Penumbra, NHS Theatre Nurses and many many more!

# OUR SERVICES

## Chair Classes

**Duration: 1 Hour | Cost £75**

- Chair based class suitable for any age and level of experience
- Including: Gentle strengthening and stretching, breathing, meditation and relaxation techniques

## Aims

Our aim is to improve quality of life and the health and well-being of the group by adding to a variety of social health activities. Additionally, practicing yoga as part of a group helps to reduce isolation and develop social networks. This is crucially important at a time when loneliness and social isolation have had a significant impact on older people. We recognise the correlation between social isolation and poor health outcomes and aim to offer a space where social interaction can occur in a way that is not pressured, as the main focus of the class is on gentle movement.

Evaluation of our programmes shows that the sense of community and positive relationship that is developed from our yoga programmes are a significant factor in people reporting a positive experience.

## Benefits

Older adults practicing yoga may benefit from increased circulation, respiration, and range of motion, helping to prevent falls and prolong mobility, improved body awareness: increased interoception (awareness of signals happening within the body), proprioception (awareness of the body in space), and kinesthesia (movement awareness) an enhanced sense of well-being and improved self-regulation and emotional regulation.

## Other

Shorter sessions can be provided on request e.g. 30 or 45 minute classes. All sessions are priced at £75 up to 1 hour duration.

**Edinburgh Community Yoga offer a 15% discount to the NHS, Charitable and Third Sector Organisations. A one-off taster session can be scheduled at a cost of £45.**

## OUR TEAM



### Lorraine Close, Director

Lorraine is a nurse and trauma informed yoga teacher and yoga teacher trainer. She is an experienced facilitator of workshops on stress management and wellbeing in the workplace. She also has an MSc in nursing research, focusing on junior doctor mental health. She is a TCTSY facilitator in trauma sensitive yoga and an experienced educator in nursing and medical education.



### Laura Wilson, Founding Director

Laura is an experienced trauma informed yoga teacher, teacher trainer and yoga therapist specialising in yoga for mental health. Laura's work focuses on stress management and building emotional resilience. She has many years of experience presenting and promoting the importance of self care and stress management in the workplace.

**Supporting Laura and Lorraine are a team of experienced and skilled yoga teachers all of whom are all fully insured and professionally trained.**

## CONTACT US



Edinburgh Community Yoga  
33-41 Ratcliffe Terrace  
Edinburgh  
EH9 1SX

Mobile: 07931 258 465

Email: [admin@edinburghcommunityyoga.co.uk](mailto:admin@edinburghcommunityyoga.co.uk)

Website: [www.edinburghcommunityyoga.co.uk](http://www.edinburghcommunityyoga.co.uk)