

REFERRAL INFORMATION FOR HEALTHCARE AND THIRD SECTOR STAFF

Free trauma-informed, socially prescribed chair based yoga class

WHO

Classes suitable for absolute beginners, including people with mobility issues, health conditions or low mood and anxiety. Unsuitable for people in active psychosis.

WHAT

A weekly chair yoga class for people with limited mobility and health conditions or able bodied people who want to take it gently.

WHERE

Fridays 11-11.45am
Space To Be
1st Floor
Gyle Centre

HOW

No drop-ins please. 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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