

YOGA ON SOCIAL PRESCRIPTION: REFERRAL INFORMATION FOR HEALTHCARE AND THIRD SECTOR STAFF

Free women's trauma-informed, chair-based yoga and relaxation class for women affected by trauma

WHO

Classes are specifically for women affected by trauma. Survivors of domestic abuse and women with active C/PTSD, absolute beginners, people with limited mobility and other health conditions are all welcome. The classes are not suitable for people in active psychosis. Classes are taught by two experienced and highly qualified trauma-informed yoga teachers.

WHAT

A monthly 2-hour chair-based, trauma-informed yoga class. The class will include chair and mat-based options and will also include movement, breath, meditation and relaxation exercises. All practices are optional and designed specifically for women affected by trauma. There is optional time for refreshments at the end of the class.

WHERE

Monthly on Mondays 10am-12noon

The Welfare Hall, Dalkeith

Classes will run monthly during school term time. Contact us for the dates and to refer.

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 supporting women affected by trauma.