

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

Free trauma-informed, chair-based yoga classes for people with mental health conditions or those in recovery from substance use

## WHO

For people with mental health conditions and/or who are in recovery from substance use issues. (Recovery does not need to mean abstinence from all substances but attendance under the influence will not be accepted). Classes are not suitable for people in active psychosis. Absolute beginners, people with limited mobility and other health conditions are welcome.

## WHAT

A weekly trauma-informed, chair-based yoga class. Classes are taught by two experienced and highly qualified trauma-informed yoga teachers. Classes will include gentle movement from a chair, as well as breath and relaxation exercises.

Each class offers optional time for refreshments and chat at the end

## WHERE

Thursdays 12-1.15  
The Welfare Hall, Dalkeith

Classes will run weekly during school term times.

## 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 many addictive behaviours and for supporting other mental health symptoms like low mood and anxiety. The yoga classes are trauma-informed and specifically tailored for people in recovery from substance use and experiencing mental health issues.

