

# WOMEN'S TRAUMA-INFORMED, CHAIR-BASED YOGA AND RELAXATION CLASS

## WHAT TO EXPECT

### WHO

You have been referred to our free yoga class and we are looking forward to welcoming you soon.

### WHAT

Your class will include stretching and strengthening movements, breathing, meditation and relaxation exercises. These can be done from a chair, or a mat or a combination of both. Everything is optional and you will be encouraged to go at your own pace. The class is suitable for absolute beginners and people with health conditions and limited mobility. If you would like, you are welcome to join the group for refreshments and chat at the end.

### WHERE

**Monthly on Mondays 10am-12noon  
The Welfare Hall, Dalkeith**

**During school term time. We will be in touch to let you know the exact dates.**

### HOW

You have already been referred.  
All you need to do is come along! (Details above).  
Please dress comfortably (shorts, leggings or joggers and a vest or a t-shirt are perfect). You can wear shoes in the class if you wish.

### WHY

Take time to just be. Come to learn relaxation exercises and healthy coping techniques in a supportive group. Meet new people and feel the positive effects of yoga such as improved mood and a reduction in physical and mental health symptoms. All welcome.

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## WHAT TO EXPECT



THE VENUE IS CALM,  
BRIGHT AND WELCOMING.  
WE HAVE OPTIONS OF  
MATS AND CHAIRS AS WELL  
AS CUSHIONS AND  
BLANKETS TO GET COSY

ALI AND VANESSA ARE BOTH EXPERIENCED  
TRAUMA-INFORMED YOGA TEACHERS



ALI

"THE TEACHERS  
ARE VERY  
FRIENDLY AND  
KIND, NICE TO  
WORK WITH"

-WOMEN'S YOGA  
CLASS  
PARTICIPANT



VANESSA