

# Accessible Yoga Classes in the Community

Below is a list of classes we hope might interest you. They are taught by experienced and highly qualified yoga teachers with specific expertise in offering inclusive and accessible classes.

These classes are not run by Edinburgh Community Yoga, and you should contact the teacher directly with any queries or to book.



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## MONDAYS

### (Online) Trauma informed with Compassionate Inquiry

Mondays 12:30

Jack Irvine (Jacqueline)

£8 drop in £5 unwaged

Email to book [bravelittleyogi@gmail.co.uk](mailto:bravelittleyogi@gmail.co.uk)

### (Online) Hatha Yoga, floor based, chronic conditions.

Mondays 5pm

Eva Alberiche

£7 Drop in or £30 block of 6

To book, email [Eva.alberiche@gmail.com](mailto:Eva.alberiche@gmail.com) or

<https://bookwhen.com/evaalbericheyoga/#focus=ev-s4m6-20240403173000>

# Accessible Yoga Classes in the Community

## TUESDAYS

(Online) Trauma-Informed, Breathe, Stretch, Snooze

Tuesday 7.30-8.30pm

Caroline Phipps

Details of prices and to book here [www.360mindbodysoul.co.uk](http://www.360mindbodysoul.co.uk)

[carolinehippsurch@gmail.com](mailto:carolinehippsurch@gmail.com)

(In-person) Trauma-Informed Gentle Yoga

Tuesday, 0930-1045

Granton Hub Community Centre

Hannah King

£7

Email to book [hannahkingyoga@gmail.com](mailto:hannahkingyoga@gmail.com)

[hannahkingyoga.com](http://hannahkingyoga.com)

# Accessible Yoga Classes in the Community

## WEDNESDAYS

### (In person) Trauma-Informed Yoga

Wednesday 9-10am

Caroline Phipps

Salisbury Centre

Details of prices and to book here [www.360mindbodysoul.co.uk](http://www.360mindbodysoul.co.uk) or [carolinehippsurch@gmail.com](mailto:carolinehippsurch@gmail.com)

### (Online) Breathe

Wednesday 11-11.30am

Details of prices and to book here [www.360mindbodysoul.co.uk](http://www.360mindbodysoul.co.uk) or [carolinehippsurch@gmail.com](mailto:carolinehippsurch@gmail.com)

### (Online) Chair Yoga

Wednesdays 2pm

Eva Alberiche

£7 drop in or £20 monthly

To book, email [Eva.alberiche@gmail.com](mailto:Eva.alberiche@gmail.com) or

<https://bookwhen.com/evaalbericheyoga/#focus=ev-s4m6-20240403173000>

# Accessible Yoga Classes in the Community

(In-person) Queer Yoga

Wednesday 7.45-9pm

Lila Yoga

Various prices range from £6.13-£8.83.

Various teachers

To book <https://www.eventbrite.com/e/queer-yoga-edinburgh-lila-yoga-tickets-646916293047>

## THURSDAYS

(In-Person) Women's Trauma-Informed Yoga

Thursdays 7.30pm

Lila Yoga, Bruntsfield

Jack (Jacqueline) Irvine and Moira Macfarlane

Details of prices and to book here <https://www.lilayogaedinburgh.com>

# Accessible Yoga Classes in the Community

## FRIDAYS

### (Online) Feel Good Friday Yoga

Friday 8.15am (30 mins) “

Naomi Schogler, Yoga Health Edinburgh

£5

To book email- [nschogler@gmail.com](mailto:nschogler@gmail.com)

### (In-person) Queer Yoga

Friday 10-11.30am

Salisbury Centre

Various prices ranging from £3.96- £9.38

Various teachers

To book <https://www.eventbrite.com/e/queer-yoga-edinburgh-salisbury-centre-tickets-837324820077>

You can also ask your GP to refer you to Healthy Active Minds where you can access Edinburgh Leisure services and classes.