

REFERRAL INFORMATION FOR HEALTHCARE AND THIRD SECTOR STAFF

Free trauma-informed, socially prescribed chair and mat-based yoga and meditation classes for people in recovery from substance misuse/addiction, or people affected by a family member's addiction issues.

WHO

Classes are for people who are in recovery from substance misuse/addiction. (Recovery does not need to mean abstinence from all substances). They are also open to people affected by a family member's addiction issues.

Classes are unsuitable for people in active psychosis.

WHAT

1 x weekly chair yoga class for people with limited mobility/comorbid health conditions or able bodied people who want to take it gently

1 x weekly mat-based yoga class for people a little more physically able (Both classes suitable for absolute beginners with optional time for refreshments and chat at the end)

WHERE

Chair Class - Weekly on Fridays at 10.30 - 11.45am
The Health Agency, Healthy living Centre

Mat Class - Weekly on Wednesdays at 1.00-2.30pm
The Community Wellbeing Space, Westside Plaza

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 addictive behaviours. The yoga classes are trauma-informed and specifically tailored for people in recovery and experiencing mental health issues.