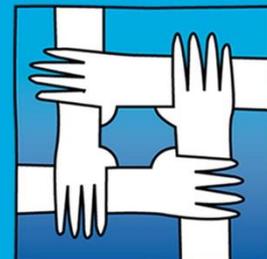


Yoga

Sara Lee



T R U S T

What is yoga?

Yoga is a form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and surgeries.

What happens in a yoga session?

In a small group you will learn gentle movements to help with flexibility, physical strength and balance. There is no competition in yoga and everyone will work to their own ability, with exercises adapted to individual mobility. Where necessary, an individual can remain seated in a chair or wheelchair throughout. The class will start with gentle stretches, follow with work on breath and movement, and finish with deep relaxation.

Where will this take place?

Yoga classes take place at our Sara Lee Therapy Centre in Sidley. The Centre is in the middle of Sidley High Street on the A269 and located at the rear of our charity shop at 54 Ninfield Road. Access is through an adjacent archway. There is limited parking on site but ample free parking is available across the road in the public car park.

How long does a session last, how many will I have, and how often will they take place?

The class is one hour long and will be part of a twelve week course

What are the potential benefits?

Most studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance. Yoga can be of benefit for anyone suffering from physical or emotional pain, and help to relieve stress and anxiety.

How will I feel afterwards and what should I do?

After a class you may feel very relaxed and sleepy or full of energy. You will benefit most from the exercise if you take it easy afterwards.

Practitioner qualifications

Sara Lee Trust practitioners are fully trained and experienced, and belong to an appropriate regulatory body. They undertake ongoing training and are fully insured.

Complementary therapies, including yoga, should not be regarded as an alternative to medical treatment prescribed by your doctor.



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 100 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have treatment rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

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