

Yoga



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 our 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.

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

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.

Therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.