

Some comments from members 2011

“Really appreciated the warm welcome and friendliness of the group, and the quality of the teachers...”

“I am extremely appreciative of the hard work, commitment and organisation put into the yoga classes. It has made an enormous difference to my ME and how I manage it. It's wonderful that we continue to have funding provided year after year. Thank you very much.”

“I have seen an improvement in my condition since starting the classes in Autumn 2010. I think this is due to a number of factors, including attending yoga classes. One of the things I struggle to do is relax and the classes have definitely helped with this.”

“Yoga helps with muscle stiffness, tightness and general achiness. It is really helpful to be in a group where everyone understands your situation. Everyone is really friendly and approachable.”

“Yoga is one of the very few things that has made a difference during my illness. An ordinary class would be far too strenuous for me, so this class is ideal. I doubt I would maintain consistent practice at home without the class's existence.”

“When I first attended, I was severely ill....I believe my yoga practice to be one of the things which has enabled me to get to this point in my recovery.....as my health improved, I started to take up other activities and commitments. I think it (yoga) is a fantastic support for people's recovery and I'm grateful for it-especially the free service (without which I never would have been able to go). Thank you Sheffield Yoga for ME!”

“Although a severe sufferer- bedbound, I do find your bulletins very helpful to me and I am able to keep up to date with yoga and relaxation techniques. I practise the relaxation in bed and find it very useful to me and my constant pain. I would love to attend yoga one day in the future. Thank you.”

“I have not been well enough to attend classes but am so appreciative of being on the mailing list. It gives me a connection, however slender, with something positive and life-enhancing.”

“The classes were great when I was very ill. I would have benefitted from an intermediate class.....back towards mainstream yoga classes. Yoga benefits me spiritually, physically, psychologically and socially.”

Sheffield Yoga for ME/CFS
2011
www.sheffieldyogaforme.org.uk