

## **Feedback from members filling in the 2021/2022 online survey**

To have the opportunity to be in a group yoga online with a teacher who understands the nature of ME is amazing. I'm so grateful for the Sessions. when I'm able to make them, I feel no pressure and always welcome.

I have been semi-housebound for 2 decades, so it is a deep joy to be able to participate in friendly online yoga sessions. They have improved my quality of life, helping me to pace more effectively and manage symptoms and mental health better. The tutor's understanding of ME and pacing is crucial to the adaptations to yoga practice making the benefits accessible to people with pain and debilitating fatigue. The recordings are a vital component so I can maintain connection when schedules conflict, and during flare ups.

It is so valuable to have a yoga class that is aimed at those with ME Even when I am not well enough to attend the online sessions I use the recording during the week.

I really look forward to my online to yoga sessions. It helps enormously with my anxiety and isolation. Being extremely clinically vulnerable the zoom sessions are an ideal way for me to join in safely. Having a download available is also a treat to dip in to.

Yoga is great to relax and meditate

Participation in in-person classes is far more effective than trying to do yoga at home. The additional benefit out-weighs the effort of getting to class. The teachers we have are all excellent.

The yoga classes are such an important part of my life. I am able to do little physical activity but I feel these classes help to maintain muscle and joint function and general physical wellbeing. The meditation aspects help me to cope with life in general and I look forward to the classes each Friday. Attending the classes is important socially as I usually haven't seen anyone else all week. The virtual classes and recordings enable me to do yoga when I am not well enough to travel. The teachers are very skilled and knowledgeable about managing my condition.

The online classes have been vital to my wellbeing during Covid, as it's very hard to organise myself to do yoga alone, and it's been lovely to do the class with other people whilst staying safe. The teacher has a great understanding of ME and doesn't try to push us to overdo things, in fact she works hard to improve our awareness of our bodies so we realise when we have to rest. As a medically vulnerable person, it's no safer for me to go out now, and travelling to classes was always extremely challenging, so I really hope the online classes can continue.

So far I have mainly attended the online classes. I really like Rebecca and her style of teaching. The sessions are very accessible to all and I have felt comfortable taking things at my own pace. It was really useful to have a phonecall with Rebecca beforehand - she had a very good understanding of my conditions which I found helpful and reassuring. I have only been to one in-person class at Millhouses so far as they have only just recommenced but I hope to be able to attend the classes regularly if I am well enough. Everyone seemed very friendly and it was a very welcoming group. The instructions were clear and I felt like I'd had

a really good stretch! The relaxation part must have been good as I think I nodded off several times! The church building is amazing and such a great, airy, venue.

These yoga classes mean a lot to me. I started attending these classes, at Millhouses Hall, about 4 years ago and since then it has been the most important weekly activity for me. It gets me out of the house; gives me the opportunity to meet and chat to the others in the group as well as benefiting from highly professional classes, tailor made for people in our condition. These classes alleviate my ME symptoms both physically and mentally.

I have been attending Yoga for CFS/ME for over 4 years, first in the classes at Millhouses and online during the covid period. This service of specialist yoga has literally changed my ability to cope with a debilitating / chronic illness. The classes are extremely well taught and by very experienced teachers that show great skill and care for the members. I have learnt to manage my condition, gained the confidence to join the members and feel welcomed and less isolated. The yoga practice, relaxation and meditation has changed how I live my life and do morning practice at home to continue what I have learnt. I look forward to my classes and although I do the online class I am planning to also re-join the classes at Millhouses depending upon times being available. I thank the committee members for their continued hard work to keep this service for our members it is most appreciated and invaluable to me.

The yoga teachers used by the group are all excellent and trained in restorative yoga for people with chronic conditions. The participants are encouraged to do as much or little movement as they feel able to do on the day or can visualise movements if they don't feel able to do any. The breathing and relaxation are helpful to calm the nervous system. Now that we have online classes as well, anyone who finds it too much to get to classes in the hall can take part, even from lying in bed if necessary.

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