

Some comments from members 2015

"I find the breathing exercises particularly helpful as breathlessness is a big symptom for me. The body scanning/awareness exercises and visualisations help me to recognise and manage my symptoms and understand what my body is telling me. It is great to be with people who understand my difficulties." Female, severe-moderate ME level.

"We are very lucky to be able to attend yoga classes like these. The yoga teachers are excellent and highly tuned in therapeutic yoga. All the people who attend the sessions are grateful to our funders, without whom we wouldn't be able to run the classes." Female, moderate ME level.

"Yoga helps my flexibility and joints a lot. It also helps with energy levels. It's great that there are several different teachers to give some variety." Female, severe ME level.

"Yoga practice is now an essential tool in the management of my health." Male, moderate ME level.

"Since coming to the yoga in January I have noticed an improvement in my condition, I can relax better and I feel energised after a session. As I am not very mobile, the yoga is a good way of keeping joints and muscles moving. I am not able to do regular yoga classes that I used to do when I was well, so to be able to attend these specialised yoga classes is very important to me." Female, moderately-affected with ME.

"Coming to yoga has made me feel much better in myself and I enjoy talking to the people." Female, moderately-affected with ME.

"Great to be at something I feel I can keep up with able to manage. Social aspects – I only wrote that because I don't have the energy to engage with anything else other than getting to yoga and doing it. It is my issue not a group issue so I mean I am not looking for social. Thanks it is such a help." Female, moderate ME level.

"Yoga is a wonderful help and support to my ME. It has helped me to improve my health extensively and the yoga teachings give inspiration and encouragement." Female, moderate ME level.

"I am quite new to yoga, having never practiced before and enjoy the sessions a lot, especially being in a harmonious, peaceful and relaxing atmosphere which are all vital to my being able to manage my condition of fibromyalgia. It also helps me in my stressful moments." Female, severe Fibromyalgia level.

Sheffield Yoga for ME/CFS 2015

www.sheffieldyogaforme.org.uk

