

Comments from members 2019

I have fibromyalgia and chronic fatigue which at times is severe but also moderate. I was unable to do any exercises due to joint and body pain and fatigue. I joined the Yoga for ME/CFS in 2018 and the benefits to me are life changing. The classes are extremely well conducted providing patient centred care and unstructured adaptive yoga that is so professionally conducted that I have much improved joint movement and muscle strength. Yoga classes have also taught me invaluable relaxation and meditation techniques that have helped me to manage the pain and fatigue much better. The yoga group also has helped me to improve in confidence and provides time to socialise and meet people that have similar health issues I think the support with transport is a brilliant help as the distance to travel is difficult as I cannot drive and my income has changed since I can no longer work due to the health constraints. I can't thank everyone involved in providing this service enough, it is the support I never thought existed.

This yoga class is the best thing in my life. It gets me out of the house. It's the only exercise my sick body can tolerate. It helps me socialise and lessens the isolation of chronic illness. It helps me manage my illness. It encourages me to practice at home what I learn in class. I hate to think what my life would be like without it (very much poorer).

Excellent yoga group!

I have been coming to you about 10 to 12 weeks. I have noticed an improvement in my ME directly afterwards for several hours and have started to do small bit at home around bedtime. I sometimes find it difficult to sleep (even with meditation) and I'm sure yoga has helped me to relax.

It is so important to get funding to help keep the classes going. A lot of our members are unable to work due to ME and would not be able to come to the classes if they weren't subsidised. I found all our teachers excellent and understanding of the necessity to keep the yoga practice gentle.

Our teachers have developed a special understanding of living with ME and are able to provide appropriate instructions for members. Yoga is proving invaluable tool for helping manage my ME. It does me a lot of good. While I do practice of yoga at home the quality of the teaching and supportive environment of the classes means that they are far better than simply doing something at home.

Volunteers very helpful. Teachers excellent.

Yoga is the one consistent thing that has a distinct improvement in my symptoms and condition. 10 years ago, this class helped me to full recovery I always say it "saved or rather gave me back my life"

The yoga classes are very often the only time I leave my house. It is so good to have somewhere we can socialise lying down as I can't sit for very long. The yoga really helps my breathing, muscles, joints and spine. It also helps to make me more mindful and self-aware of how much I can do so I can pace myself properly.

Sheffield Yoga for ME/CFS 2019

www.sheffieldyogaforme.org.uk

