

## Some comments from members attending on-line classes 2020

Thank you so much for the yoga classes. They have been very good, and it's hugely valuable to me to have access to classes that are put together with the needs of people with ME in mind and that don't pressure me to over-exert myself. Because it's hard (and exhausting) for me to leave the house, I'm grateful for the online classes, and hope they can continue into the future. I can feel the physical and mental benefits already after only 3 classes, and I'm using the recordings to practice in between live classes too.

I'm really enjoying the Zoom yoga. How fantastic we can continue with yoga at this strange time. It is great to be part of this group and taking part in the zoom yoga. It works so well as I have been too poorly to leave the house most days, so great I can do the restorative yoga on zoom at home. The class is fabulous and Rebecca is a brilliant teacher. I really look forward to the Friday Zoom class and always enjoy it. It also enables me to chat to other members of the class which is very valuable to me. The recordings also work well, so I can repeat the class when I am able to. Thank you to all who are making this happen.

Thanks so much for organising - zoom makes it so accessible.

It's been brilliant having these extra zoom classes over the Summer and I can see huge benefits for people with ME to doing it this way. It's great that you don't have to find the energy to make the journey to and from yoga. It's lovely to be able to do it in your own home which I think is more relaxing. I've been so encouraged to see people with more severe ME doing the yoga from their beds which is brilliant and must make them feel more connected to others without having to have the energy to meet.

I found the sessions really helpful and will be using the recordings in future. I'm currently working from home and find it really stressful, these sessions are a godsend to help me relax and quieten my mind. I didn't realise how anxious I'd become before joining a session. They work well online and instructions are clear. Rebecca is a great teacher and her voice is very calming.

Sheffield Yoga for ME/CFS

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[www.sheffieldyogaforme.org.uk](http://www.sheffieldyogaforme.org.uk)