

## **Some comments from members 2014**

“I feel comfortable to attend yoga sessions specifically for CFS/ME sufferers. I would not attend a yoga class for the general public. The yoga teachers are excellent & clearly understand the needs of CFS/ME sufferers.”

“(I) am totally confident in attending the classes. The teachers are knowledgeable in ME/CFS and do not ‘push’ participants too far. They are friendly and very approachable. I would not attend a general/regular yoga class.”

“The yoga helps a lot with things like joint stiffness, muscles, breathing, and flexibility. I usually feel like I have more energy after class and am more relaxed.”

“Enormous help to have taxis..the sessional assistant and other volunteers are greatly appreciated.”

“I am especially grateful for the help with transport costs - without it I just couldn't afford to go. Although I find I'm too 'spaced out' after a class to socialise capably, it's an invaluable boost to my wellbeing to get out of the house and do something positive in a supportive environment.”

“We are very lucky to have these therapeutic yoga classes held locally in Sheffield. Our team of teachers are all excellent, are specially trained and their classes are tailored to take into account of the different needs of sufferers with CFS. They encourage us to work at our own level, enabling each person to pace themselves accordingly. I enjoy the classes and am sure they are beneficial.”

“These classes are a lifeline. Sometimes, when symptoms are bad, it's the only social activity I can manage - rest of the week I am housebound. Because these classes are taught by specialist teachers, it's the only physical activity I am able to do. They help me to work within my limits. They also help me to honour & respect my body as it is now - not how I wish it would be. This is so important for self-esteem, and for successful management of the illness. Without these classes, my life would be very much the poorer.”