

About Yoga

Yoga originated in India more than 5,000 years ago.

The Sanskrit word, Yoga, translates as 'union'. The type of yoga that we practice is secular/ non religious and is taught as a form of exercise. Practicing Yoga aims to create harmony and balance within the body, through the development of strength and flexibility, by controlled poses (or asanas) whilst maintaining breath control. The use of breath techniques can aid relaxation and develop a link between the body and mind. By developing breath and body awareness skills you can become more aware of areas of tension or holding. This in turn can lead to an opening up of areas of the body.

Research suggests that yoga can help to improve many conditions including: low back pain, neck pain, arthritis, lung function, asthma, mental health.

Yoga can also help with: Improving muscle tone, flexibility, balance, strength and stamina, respiration, circulation, reducing stress and tension, reducing blood pressure, creating a sense of well being and calm, boosting immunity.

Some things to think about,

Breathe slowly and deeply, Reflect on how you feel, What sensations do you notice?

Take the time to explore the space between poses, Yoga is not a competition, Listen to your body and respond to it

It is important to have a go at these poses without striving and without forcing. While stretching or balancing we learn to accept our body as we find it. Do not feel the need to push yourselves, but be patient with your current physical capabilities. This may involve learning to work in a different way. Rather than focusing on the movement or what the body is doing, allow yourself to just be

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

PhysiYo, Physiotherapy Gym Classes

Mondays 3-4pm.

Torbay Hospital Physiotherapy Gym



Torbay Hospital Physiotherapy Department

If you are unable to attend please contact us on Tel 01803
655340



www.torbayandsouthdevon.nhs.net

Working with you, for you

What is PhysiYo?

- A weekly short course designed and supervised by a Chartered Physiotherapist with a special interest in Pain Rehab. The class is designed to introduce or reintroduce you to yoga style mindful movement. This can improve your confidence to move and enable you to increase your activity despite your pain.
- The course runs over 6 consecutive weeks for an hour each week
- Exercises can be carried out on a yoga mat, on a chair, standing or a combination. All exercises can be adapted to your needs.
- You will learn an exercise program that you can continue at home, between classes and in the future.
- You should already be doing some exercises at home and the classes will give you the confidence to self monitor and self regulate to enable you to progress

Before you Attend

- Please try to eat a couple of hours before the class not just before
- Wear suitable clothes which enable you to move around freely
- You will be invited to do the Yoga barefoot, however if you prefer please wear suitable non slip footwear
- Bring with you any medication you may need during the session such as inhalers or GTN spray
- If you would like to you can bring a drink in a non spill cup
- We provide mats and equipment but you are welcome to bring and use any of your own equipment if you prefer. You may like to bring a blanket for the relaxation session at the end.

At each session of the 6 week short course

- Inform the therapist of any changes you have experienced in your general health since last attending or any new medication you have been prescribed.
- Let the therapist know if there are any exercises you do not feel confident carrying out. All exercises can be modified to suit you.
- Let the therapist know if you are experiencing any symptoms during the sessions that are not acceptable to you, or if you are feeling unwell or uncomfortable.
- We will ask you to complete some feedback and outcome measures before and after the course. If you have any comments about the groups we run we are always happy to receive feedback and consider any suggestions for improvement.

Your Weekly Short Course Starts on