

Yoga4NHS staff wellbeing programme

The Yoga4NHS programme is a 6-week evidence-based health and wellbeing course accredited by the Royal College of GPs which equips staff with a toolkit of mind-body practices to reduce stress/anxiety, increase resilience and reduce burnout

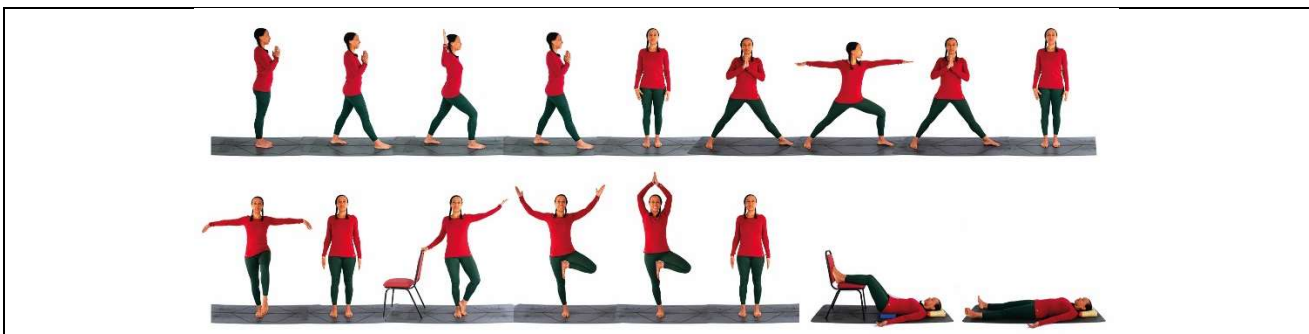


The **Yoga4NHS** programme is a course of 6 weekly classes lasting 60 minutes which take place in the workplace or online. The programme is based on the **Yoga4Health** social prescribing programme offered to NHS patients by the Yoga In Healthcare Alliance (charity 1190806 Eng & Wales; SC051785 Scotland) and accredited by the Personalised Care Institute. Yoga4Health rests on an evidence base set out in two Westminster University research and evaluation papers with a 300-patient sample (see YIHA website). There are 450 Yoga4Health teachers across the UK. Our yoga programmes support autonomic regulation, heart rate variability, homeostasis, and muscular-skeletal health.

What staff learn on the **Yoga4NHS** programme: -

- Yoga breathing practices
- Mindfulness practices
- Simple yoga postures
- A short talk each week on evidence-based approaches to lifestyle medicine

At the end of the 6-week course, participants receive a Royal College of GPs branded certificate which includes recognition as a “Breath Ambassador” able to share yoga breathing practices with colleagues. Attendees are supported with course handouts, access to video resources recorded by health professionals who are also yoga teachers, and ongoing support from the Yoga In Healthcare Alliance (YIHA). Completion = 6 hours of CPD.



If you would like to join the Yoga4NHS programme, or receive further information about it, please email Paul Fox, Chief Executive Officer of the Yoga In Healthcare Alliance, on contactyoga4health@gmail.com, or call 07782 413146