

## BWY Offers Free Chair Yoga Classes for NHS patients in Staffordshire

Wednesday 26 February, 2025

People supported by the NHS Staying Well Service in Staffordshire can now experience the life-changing benefits of yoga through free chair yoga classes funded by Midlands-based volunteers from the British Wheel of Yoga (BWY).

The classes, held bi-weekly at Barlaston Village Hall, are designed to help those needing extra support stay active, relax and reconnect with their bodies.

Traditional postures can be challenging for many older adults, but chair yoga offers a welcome alternative, according to Sarah Dean, a Trentham-based yoga teacher who leads the sessions. Inspired by her students' needs, Sarah began offering chair yoga classes last May. She soon realised how much of a difference they made.

"I've seen people come in feeling stiff, stressed and disconnected from their bodies and leave with smiles on their faces, able to move more freely," said Sarah. "I wanted to make yoga easier to access, so those people who need it most have the opportunity to experience it."

The sessions combine gentle chair-based movements, breathing exercises and relaxation techniques, helping people build strength, improve flexibility and find inner calm.

One participant, Karen Foster said: "Traditional yoga was never an option for me due to my limited mobility and flexibility. But chair yoga has made a remarkable difference in my life – both physically and mentally. The meditation leaves me feeling incredibly relaxed and the best part is I get to enjoy it alongside a wonderful group of people."

The BWY Midlands committee funds these classes as part of the Yoga in Action initiative, which aims to make yoga accessible to communities across Britain. By removing financial barriers, the funding ensures that people referred through the NHS Staying Well Service can attend for free.

Di O'Reilly, BWY Chair said: "We're thrilled to support initiatives like this that offer relief and a sense of connection for people in Staffordshire. As a charity, we're committed to ensuring the benefits of yoga are accessible to everyone, and through our Yoga in Action campaign, we're working to bring yoga to those who need it most."

For further details about the classes, please visit: <https://serenitywithsarah.co.uk/products/chair-yoga-1>

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