

YoGlasgow, prescribing Yoga for health, are based in the Easterhouse Phoenix Centre. YoGlasgow are passionate about breaking down barriers and stigmas associated to Yoga. They have three concise outcomes for their work in the East End:

1. Greater engagement with the local less mobile population.
2. Improve health and wellbeing.
3. Reduction in instances of loneliness and isolation.



Championing physical activity for all, YoGlasgow have strong local links with Alliance Scotland in efforts to support social prescribing opportunities by engaging primarily people aged over 65 to bring benefits such as improvement on mobility, anxiety, and chronic pain reduction. YoGlasgow's approach aims to improve opportunities for all to lead a physically active lifestyle through their work with marginalised groups in the community.

*"I didn't have a lot of confidence. I have depression and suffer with Chronic Obstructive Pulmonary Disease and arthritis. I thought how one thing can help with that...but it's amazing that it has. It's made a big influence on my life, helping me to sleep and feel more relaxed"*  
YoGlasgow participant



**PRESCRIBING YOGA FOR HEALTH**

Social prescribing and using Chair Yoga as a tool to self-manage conditions, YoGlasgow are working towards local outcomes and supplementing the achievement of Easterhouse Community Sport Hub outcomes 'Sport and Physical Activity for Everybody plus Sport and Physical Activity for Health & Wellbeing' for the betterment of the community.

*"I struggle with day-to-day tasks and socialising. Yoga has helped me with this. I now look forward to going to class and have made friends too. It has also helped me with anxiety attacks as I can have them every day, the breathing exercises help control this. After my last session I had lots more energy and it lasted for a few days, my mindset was different also."* YoGlasgow Participant

With a successful programme in Easterhouse, YoGlasgow have recognised a local need to build on and expand their programme to meet demand from residents. This will provide further opportunities for all to take part in physical activity in a non-clinical setting in the community and support with self-management of conditions.