

### **Some comments from members 2013**

“Trinity Church Hall is a lovely venue for the Millhouses yoga class - light and airy plus good facilities close to the hall. It is brilliant having yoga teachers who have such a good understanding of our ME/CFS and adapt their classes to meet our needs and teach us good breathing techniques and relaxation methods which are beneficial to our condition.”

“Fabulous yoga!”

“I have been coming to Sheffield Yoga for ME since I developed ME/CFS eight years ago – how time flies. I still thoroughly enjoy coming to the classes both for the yoga practice and also to meet up with friends I have made over the years and nice to see new people and exchange stories of our illness and to be with people who understand how we feel.”

“The remedial yoga teachers are excellent and responsive to our needs – they plan their classes carefully and make the practice interesting each week. It is also good to have the different teachers alternating as it keeps the classes fresh and it’s lovely to have guest appearances from Linda during the summer. ”

“Thank you to the committee for all your hard work especially with the funding to provide people with ME/CFS in the Sheffield area with these two dedicated yoga classes.”

“The Millhouses venue is such a lovely light and airy room to carry out our practice in with its full length glass windows looking out on trees and shrubs – nature is very therapeutic and relaxing, too.”