

Selection of Comments from Members from the 2023 Survey

I attend the in person classes as and when my symptoms allow. The class is a saviour for me, helping me to relax and having a positive impact on my mental well being

The online yoga classes are an absolute life line.

These yoga classes are tailor made for ME/CFS sufferers and provide a kind and comfortable environment. The benefits of these classes are both physical and mental. They also help alleviate the loneliness and isolation I suffer from.

The online yoga class is a weekly highlight. I look forward to the relaxation and contact with others. The relaxation helps with the anxiety of living with a chronic condition. The targeted movement helps to keep joints moving with minimum physical effort. I feel safe and understood.

I find the yoga invaluable at helping to manage my illness. It also helps things like fatigue, breathing, muscle relaxation, spine and joint flexibility and enables me to relax deeply. It is very good that most of the yoga is done lying down which helps those of us with orthostatic intolerance. It is great that we can now do yoga online as I am not always well enough to attend classes in the hall.

I enjoy having a range of tutors rather than just one, all of who are very good but have their own particular styles. Having a physical venue to attend provides more benefit to me than simply doing yoga at home. It is something I look forward to each week and provides a good reset and recalibration of my symptoms as well as a place of calm for me mentally.

I am so pleased to have found Sheffield Yoga for ME/CFS. It provides a regular, comfortable way to take part, which I can struggle with in normal yoga classes due to my condition. The recordings are so convenient if I am unable to do the class on the day for whatever reason. The relaxation and breathing techniques are excellent for my overall health and well-being and something everyone should do really.

This service is a very important holistic therapy for my physical and mental wellbeing, I rely on my weekly sessions as I have no other service that directly addresses my illnesses, the symptoms and my self confidence to enable me to use the tools provided by excellent tutors, I look forward to my weekly session. The tutors have a wealth of experience and customise the therapy to the needs of the group. My use of the online classes has enabled me to continue my Yoga / therapy support right through the pandemic where I struggled until the tutors generously agreed to provide zoom linked classes. The therapy I receive has changed my health status and confidence as I was unable to function and cope with life challenges compared to how I feel and function now. The service is so appreciated as the class has also provided very helpful social engagement so that everyone feels included even if they are having a bad day and cannot do the exercises, also sharing helpful health information. I am fully committed to my class and thank the Yoga for ME/CFS Committee, the very caring facilitator, our generous and skilled tutors Rebecca Allen and the cover tutor Kay, including the funders for your care and support for our group.

I use to attend the Millhouses venue for my weekly sessions, but had to change to online sessions due to the pandemic. I therefore have used both types of session delivery and both are very beneficial and address the physical and mental health symptoms associated with ME /CFS. Due to travel distance, I have continued with the online classes. Both classes have great benefits and I miss seeing some of the class members. The tutor that provides the online class has a very all round holistic approach to the therapy that she provides and I could not wish for a better service. The customised yoga therapy that I have from this service has enhanced my health, fitness, functional and mental wellbeing. thank you to all involved in delivery and funding of this service.

Practicing at Millhouses is so much better than doing yoga by oneself at home. All the teachers are great, so understanding.

I feel lucky that we have these classes in Sheffield -we have several teachers who are trained in delivering therapeutic yoga which is suitable for the needs of people with ME and it takes place in a lovely light filled hall with parking and access by ramp for anyone who can't manage steps. I really appreciate and enjoy the classes.

The classes are the best thing I have come across to help with physical, mental and spiritual health in relation to my CFS/ME. I am deeply grateful to all involved and especially appreciate the time and care offered by all the teachers. Thank you.

I found the classes relaxing. I can use the techniques at home for relaxation and distraction techniques from pain

The classes are a godsend for helping with my symptoms. They help so much to keep me moving and meeting other people with the same condition. I feel so grateful for SYFME!

The classes are excellent, I look forward to coming to them and always feel better afterwards. I can see an improvement in my condition each time. I also very much appreciated the newsletter keeping me in touch when I wasn't able to attend.

It's great to be able to take it at my own pace and not feel judged if there's a movement I can't do. I love the relaxation element. I'm so glad I found this class.

I've been doing these classes for 20 years and don't know how I would have managed without them. Online classes are great when too ill to go to Millhouses.

I always look forward to the online classes and feel better mentally and physically afterwards. Having yoga classes specifically designed for PWME is very valuable.

I think both services are invaluable and I highly rate them. The teachers are very professional, understanding, inclusive, knowledgeable in their field and very aware of our limitations as a group. Having different teachers bring an excellent variety to the classes. The venue in Millhouses is also excellent: light, warm, spacious and very conducive to yoga. The affordability of the classes makes it also very appreciated as poor health stops you from working normal hours. I think that if more people knew about the classes they would be packed; this is not a dig at the committee as I am very aware that they are all volunteers but more of a reflection of the high quality of the classes!

SYME Classes provide a structure and focus in my life that would otherwise be lacking. It is so useful to have a choice between the online and Hall classes and to have the online recordings if I cannot make either. The classes provide mindful and therapeutic exercises that fit my capabilities no matter how I am feeling and help me to feel calm and positive regardless of how difficult the week has been. I look forward to the social connections from both classes as I am amongst people who understand the difficulties of living with ME. I am grateful to all involved.

I enjoy having a range of tutors rather than just one, all of who are very good but have their own particular styles. Having a physical venue to attend provides more benefit to me than simply doing yoga at home. It is something I look forward to each week and provides a good reset and recalibration of my symptoms as well as a place of calm for me mentally.

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