



IYENGAR

YOGA ON PRESCRIPTION



HEREFORD
YOGA
CENTRE

PHASE 2

PROPOSAL

After completing the **Yoga on Prescription pilot** (2023), **Hereford Yoga CIC** are ready to build on that success and meet increasing demand for mental and physical health and wellbeing services across the City.

Phase 2 will include 250 prescriptions of 10 Iyengar yoga classes per year (2500 free classes). Each patient in receipt of a prescription will receive 4 classes, a personal review, and then a further 6 classes. Repeat prescriptions will be available.

PROJECT COST: **£90,000/YR**

£360/10 class prescription

» THIS WILL COVER:

250
PRESCRIPTIONS

of

10

IYENGAR
YOGA
CLASSES

Patient attends
**FIRST 4
CLASSES**



REVIEW

followed by a further
6 YOGA CLASSES

**Should students discontinue,
remaining classes will be
reallocated*



The total cost represents a per-prescription cost of £360 (including planning and evaluation). This compares favourably with other social prescribing programmes.

250 PRESCRIPTIONS OF 10 YOGA CLASSES PER PATIENT

Included in the scheme:

REPEAT PRESCRIPTIONS

(as available)

ASSISTED TRAVEL

for patients in need

SATELLITE CLASSES

in South Wye, so that people from more deprived areas of the city are able to access the prescriptions

SPECIALISED ADMIN, COMMUNICATIONS & PUBLICITY

A specially appointed social prescribing administrator will look after patients through the whole process.

TRAINING

In-person and online training for prescribers (to ensure that prescriptions are being delivered to those who will benefit most)

EVALUATION

by a higher-education partner



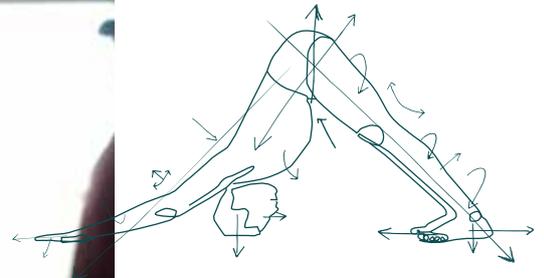
Projections from the **positive results of the pilot programme** suggest that **investment is favourable; costs will be recouped and savings made.**

WE NEED £90K PER YEAR TO MEET DEMAND AND WE'RE LOOKING FOR PARTNERS TO SPONSOR

PHASE 2



CONTACT US for more information on how you can support the project.



WHY IYENGAR YOGA?

IYENGAR YOGA

HEALTH + BALANCE + FREEDOM

The methodology requires long training and ongoing professional development, so each teacher is an expert in their subject. They meet each participant's individual needs with personalised instruction and adjustment. At the same time, working as a group develops social bonds and a sense of community. The method is inherently inclusive; use of props such as chairs, belts and blocks mean that everybody regardless of age, mobility, gender or condition can participate. The Iyengar yoga method offers a safe, progressive and comprehensive framework for developing health, balance and contentment over a life-time.



BENEFITS TO PATIENTS

(based on evidence from phase 1) will include:

- Significant improvements in mental health (including reduced need for medication)
- Significant pain reduction (including reduced need for medication)
- Significant improvements in mobility (including reduced reliance on mobility aids)
- Increased confidence and sense of stability (emotional and physical)

- Reduction in symptoms of specific conditions (including fibromyalgia, depression, anxiety, back pain and plantar fasciitis)
- Better sleep
- A sense of community and feeling supported (reduction in feelings of loneliness/isolation)
- Development of choices for a healthier lifestyle (with long-term implications for improved health and wellbeing)

SAVINGS TO HEALTH SERVICES

(based on evidence from phase 1) will include:

- Reduced prescriptions of medication
- Reduced use of mobility aids

- Reduced number of GP visits
- Reduced number of secondary care appointments and procedures

"I was on the list for a hip op, but yoga has helped so much that last time I saw the consultant they said I wouldn't need the surgery."





SPONSOR

PHASE 2

OF IYENGAR YOGA
ON PRESCRIPTION

CALL OUT FOR SUPPORT

Contact us to learn more about how you can support this **flagship project**, the **first of its kind in the UK**, and be part of a powerful **transformation in health and wellbeing services**, putting Hereford on the map as an innovative centre of excellence for Social Prescribing.



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“Its been a really positive experience as an alternative to medicating!”

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