



# “How Fiona uses tools from Yin Yoga class to manage panic attacks and disturbed sleep.”

## The Challenge:

**“I felt the panic attacks multiplying.”**

Uneasy about life defined by uncertainty, Fiona was struggling to cope when lockdown hit in March 2020. Suffering from long-term anxiety and depression, her panic attacks began to worsen due to mounting pressures.

*It felt like I had no control over what was happening in my life, what was happening to my partner's job, what was happening to my family in New Zealand, even what was happening to my own body!”*

Poor sleep and high blood pressure also made Fiona think hard about how to help herself find some peace. Typically, she felt self-conscious about yoga, as if she wasn't doing it 'right', but the new situation caused her to think again about possible benefits.



## Yin Yoga with Mary-Louise:

**“It's not like the yoga people expect.”**

In the virtual classroom Fiona was taught gentle, held, floor-based movements, breathing exercises and Mindfulness Meditation techniques, sometimes framed with storytelling.

Mary-Lou's Mantra, “It's okay to do what feels right to you”, was an encouraging and refreshing surprise. The sessions soon became a safe space for Fiona to de-stress and relax and four weeks in, she had an epiphany moment.

*I was just lying there thinking...THIS IS WONDERFUL! It's a big deal for me just to show up! I started to notice I was sleeping better and my flexibility came back pretty quickly too!”*

# The Outcome:

**"I manage stress much better now."**

## Anxiety Management

Impressively, one year on, Fiona applies what she learns on the mat in her daily life. She is better at managing panic attacks and her blood pressure.

*"I've used the breathing practices to stave off a couple of panic attacks. It's been a wonderful thing to attain a level of calmness I was unable to find before."*

## Better Sleep

She regularly sleeps better too and benefits from feeling more energised and alive.

*"The best thing is waking up feeling like I'm ready to face the day, rather than moving through some kind of fog because I'm so tired."*

## Stronger in Mind & Body

Fiona has conquered her 'yoga' gremlins with a new 'can do' attitude.

*"I used to believe I had poor balance, like I wasn't good enough to do yoga and everyone would be looking at me."*

But today her body is stronger, more balanced and flexible enough to add a muscle-based Yin Yang Yoga practice to her wellness routine.

*"I didn't think I was ever going to be able to do that type of thing."*

Although Fiona doesn't believe her problems are solved completely, she feels more in control because of the effective coping strategies she now has in place.

*"Thanks to Mary-Lou I now have a toolkit to pull out when I need it most."*



**MARY-LOUISE YOGA**

**Location: Online**  
**Monday's 5.45-7.00 pm GMT**



**Could you benefit from managing  
stress better with Yin Yoga?**

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