

YOGA + MINDFULNESS

Supporting regulation, awareness and connection through mind and body



WHAT IS YOGA + MINDFULNESS?

Yoga and mindfulness can be incorporated into Occupational Therapy to support body awareness, nervous-system regulation and participation in everyday life.

Sessions are adapted to your abilities, preferences and therapeutic goals.

You don't need to be flexible or have any previous yoga experience.

WHAT MIGHT A SESSION INCLUDE?

Depending on your goals, sessions may incorporate:

- Gentle movement
- Breathing practices
- Grounding strategies
- Mindful awareness
- Relaxation
- Body awareness
- Strategies for nervous-system regulation

HOW CAN IT HELP?

Mind-body strategies may help you recognise signs of stress, understand your body's responses and develop practical tools you can use within everyday life.

The goal isn't to perform the perfect yoga pose.

It's about developing practical ways to connect with your body, regulate and participate in the activities that matter to you.

IS THIS SERVICE RIGHT FOR YOU?

Yoga and mindfulness may be helpful if you would like to explore gentle, body-based strategies to support regulation, awareness and everyday wellbeing.

Beth can adapt sessions according to your abilities, comfort level and individual goals.

Ready to Make a Referral?

SCAN TO REFER

