

# UCLan

# 1<sup>st</sup> International Yoga and mind-body practice conference

Sponsored by:

The Confucius Institute, UCLan  
Business Health Matters

Lead by:

The Social Prescribing Unit, UCLan

[socialprescribing@uclan.ac.uk](mailto:socialprescribing@uclan.ac.uk)



## Contents

Introduction .....	3
<b>Presentations</b> .....	7
To standardise or not to standardise?.....	8
Community ethos in yoga and yogic responsibilities.....	9
Yoga in the community - a personal journey supporting social prescribing .....	10
Yoga in Care Homes: Benefits and Challenges.....	11
A qualitative evaluation of an online mindfulness-based programme for people with Parkinson's.....	12
Knowledge Transfer of Bodily Practices between China and India in the Medieval World .....	13
Yoga4Health & Yoga4NHS Staff Wellbeing Protocols .....	14
The Yogi Group - Children's Mental Health Days in Schools Across Lancashire.....	15
Do Qigong-based Mindful Movement and other Mindbody Practices have a place in Higher Education (HE)? An Invitation to Participate in Mindbody Research .....	16
Using Yoga Lifestyle to Tame your Sabre-Toothed Tiger.....	18
<b>Poster abstracts</b> .....	19
The evidence base for trauma-informed yoga: A scoping review.....	20
Therapeutic Exercises from a Seventh-century Chinese Medical Text.....	21
Understanding the barriers to TaiChi/Qigong to inform Social Prescribing Practice.....	22
Regulatory capture: the (de)implementation of breathwork and meditation as mental ill-health treatment.....	23
Understanding the barriers and benefits of a 6-week online Tai Chi / Qigong intervention.....	24
Yoga and occupational therapy: a literature review .....	26
Outdoor yoga in the Forest: Pennine Oaks and Yoga as Green Social Prescribing .....	27
Embedding Qigong-based Mindful Movement Practices into the Higher Education Classroom: A Move too Far for Higher Education?.....	28
Attitudes, knowledge and understanding of mind-body practices for social prescribing amongst university health science staff and students.....	29
<b>Practical sessions</b> .....	30
Qigong in Executive Training: The use of qigong as an integrated learning strategy in modern soft skills training.....	31
Z's Defence Academy: breathing techniques and meditation for women's mental wellbeing .....	32
Food and Tea as a Vehicle for Healing: Mindful Eating and Drinking in Sync with Seasonally Changes - A Chinese Perspective.....	33

## Introduction:

Yoga, derived from the Sanskrit root word 'Yuj' meaning "to yoke," "to unite," "to add" or "to join" is a mind body practice based on a profound philosophy of achieving self-realisation and maintaining harmony between mind, body and consciousness.

Although many of us are familiar with the physical stretches and postures related to yoga, it is often not fully understood that yoga has seven more dimensions ranging from breathing practices to meditation as well as ethical dimensions of living restraints (not harming anyone) and observances (self-care and helping other). The eight components of yoga i.e. yiyama, niyama, asana, pranayama, prathyahara, dharana, dhyana and samadhi encapsulates the mind body practice. Furthermore, it extends to introspection, harnessing healthier habits and ultimately self-realisation. These concepts are connected to being human and transcend religion, nationality, ethnicity and social class.

Whilst many texts describe yoga as a means to achieving harmony between the body, mind and the spirit, the interpretation can be expanded to include achieving a harmony between the self, the society and the nature. Here, it becomes ever so much more relevant for achieving healthier lives, connected communities and a sustainable planet.

There has been a burgeoning number of scientific publications on yoga and health impacts in the last decade. Modern methods of imaging and bio-chemical assays have made it possible to **postulate** the positive effects of yoga not only on achieving balance and strength of the musculoskeletal system but also positive self-regulation when facing adverse situations (allostasis), neuroception, neuroplasticity, immuno-modulation and might I add gene regulation. It may seem wild and unimaginable. So did modern science a few centuries ago.

We are not even at the base camp when it comes to fully exploring the scientific evidence base and its possible implications for understanding health and disease and doing something about it - all with very little, if any, side effects! The applications of this new knowledge could make self-care more possible, opening up the potential for embedding this mind-body practice as an adjuvant to managing chronic diseases and further research.

Why shouldn't we be more curious?

This book of abstracts is our first attempt to promote awareness of yoga and its effects on health, wellbeing and human excellence. I congratulate the Social Prescribing Unit at University of Central Lancashire for making this possible through the 1<sup>st</sup> International Conference on Yoga, mind-body practice and wellbeing.

Dr. Sakthi Karunanithi, Director of Public Health, Lancashire, UK.

Welcome to our first International Yoga and mind-body practice conference!

The intention of our conference has been to provide a shared conduit for innovation, knowledge exchange, research and practice developments specific to yoga and mind-body practice. Interestingly, since Dr. Sakthi Karunanithi (Director of Public Health, Lancashire, UK) first presented the concept of bringing yoga research to UCLan nearly a year ago, we have discovered a huge community both locally, nationally and internationally welcoming this connecting space.

Specific to social prescribing in the UK, The National Academy for Social Prescribing has hosted spaces in the past to highlight the difference yoga can make as a social prescription <https://socialprescribingacademy.org.uk/resources/webinar-yoga/>. The Yoga in Healthcare Alliance has also completed research into the benefits of yoga on prescription <https://www.yogainhealthcarealliance.com/yoga-on-social-prescription/>. Our conference includes practitioners, researchers, academics, students and those with lived experience in order to host space for work works well, for debate and to acknowledge what is not known and where future research is needed. Research is never a completed task and there is always potential to do more. The question is what can we explore together? How do we evidence all aspects of yoga and mind-body practice? What is the future?

A significant motivation is the continued exploration of health creation and what makes our future thriving, connected and community focused where we actively contribute to the health and wellbeing of individuals. By coming together, we have potential to make a larger impact. My hope is we can continue to contribute to the evidence base on yoga and mind-body practice for this sector and grow our community of practice for future health creation.

Sam Pywell, Coordinator, Social Prescribing Unit, University of Central Lancashire, UK.

## 1<sup>st</sup> International Yoga and mind-body practice conference

21st June 2023

<b>Agenda</b>	<u>Westleigh conference centre, ground floor</u>	
<b>9.30 AM</b>	Registration, refreshments and networking Sign up to workshops (choose one)	
<b>10:00 – 11am</b>	<b>Simplified Kundalini Yoga</b> (practical)	Dr Sakthi Karunanithi, Director of Public Health (Lancashire)
	<b>Breathwork practice</b> (practical)	Z's Academy
	<b>Balanced Mind and body session/ Happy Yoga</b> (practical)	Lowri Douthwaite-Walsh, Senior Lecturer in Psychological Interventions and Laura Wharton, Psychological Wellbeing Practitioner.
	<b>Chinese body-mind practice for wellbeing</b> 10am-10.20am Chinese tea meditation	Chinese Tea Meditation, led by Hannah Yu-Pearson from Eatdrinkhui
	10.25am-11am Qigong for Executive Training (practicals)	Qigong for Executive Training, led by John Millar from the QiGong Academy
<b>11.00</b>	Refreshments	
<b>11.10</b>	<b>Introduction:</b> Adrian Leather, Active Lancashire	
<b>11.15</b>	<b>Opening conference:</b> Mr. Jaswinder Singh, Vice Consulate General (Birmingham), Government of India.  <b>Keynote:</b> Dr. Sakthi Karunanithi, Director of Public Health, Lancashire	
<b>11.45 - 1pm</b>	Networking lunch (sponsored by The Confucius Institute, UCLan) Poster gallery Stalls	
<b>1pm (online)</b>	<b>Afternoon chair:</b> Feixia Yu (Director of Confucius Institute, UCLan)	



audience dial in)	
1.10pm	<b>Keynote speaker:</b> Dr. Jayaprakash, Principal from Vethrathri Maharishi College of Yoga, Chennai, India. Vethathiri Maharishi College of Yoga is a first yoga college in Tamil Nadu, India affiliated to Tamil Nadu physical education and sports university. (Online presentation)
1.30pm	<b>Keynote speaker:</b> Emma Lowther Wright, Mandala, community ethos in yoga and yogic responsibilities.
1.45pm	<b>Keynote speakers:</b> Qigong for Executive Training, led by John Millar from the QiGong Academy
<i>Afternoon session talks</i>	
2.15pm	5-minute presentations
3.15pm	Refreshments
3.30pm	<b>Chair:</b> Feixia Yu, Director of Confucius Institute, UCLan Yoga and mind-body practice 360 roundtable discussion
16:00	Close

Contact the Social Prescribing Unit at UCLan

Email: [socialprescribing@uclan.ac.uk](mailto:socialprescribing@uclan.ac.uk)

Twitter: @UCLanSocPres #UCLanSocPres

# Presentations

# To standardise or not to standardise?

Joy Charnley

Yoga Teachers Together, United Kingdom

## **Abstract**

Social prescribing of yoga sessions is being promoted by some in the yoga world, with the concomitant requirement for standardisation of practices and gatekeeping. As a result, some yet-to-be-created entity will determine which yoga teachers' people can be referred to. This presentation on behalf of the organisation Yoga Teachers Together would like to question the validity of this approach and suggest that safe and effective yoga teaching does not require standardisation. Indeed, yoga perhaps works best when diverse approaches are allowed to co-exist and flourish, and practitioners are free to discover the practices and teaching methods that work for them. Rather than tick-box standardisation carried out by an authority that does not enjoy recognition across the yoga spectrum, we argue that the foregrounding of independence, diversity and the key yoga principles of non-harming, truthfulness, and self-enquiry, is the best way to ensure effective yoga teaching.

# Community ethos in yoga and yogic responsibilities

Emma Lowther-Wright

Mandala, Lancashire, United Kingdom

## **Abstract**

Emma is a yoga teacher and Director of Mandala Preston CIC. Her keynote speech addressed the challenges and considerations associated with delivering yoga with a community ethos. Every week Emma personally shares yoga with approx. 200 people while the studio shares yoga with 300-350 people with 100-150 free funded places each week. Last year Mandala delivered over 300 free to access sessions. The Mandala yoga community includes ages 18-86, people with chronic pain, anxiety, PTSD, MS, cancer, EDS, heart conditions, awaiting joint replacements and transplants, as well as those currently enjoying exceptionally good health in comfortable houses with secure incomes.

## **Why is yoga important?**

The WHO define health as "a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity". Yoga is a physical, mental and social practice to help us to live in state of physical, mental and social wellbeing. Note that the WHO does not differentiate health and wellbeing - in this definition health is a state of having wellbeing.

## **Community Ethos - How Accessible?**

The cornerstone of a community ethos is that yoga must be accessible for the community, and this has many aspects. *1: Financial Accessibility, 2: Physical Accessibility, 3: Logistical Accessibility, 4: Culturally Accessibility, 5: Mental/emotional Accessibility.* Proximity is crucial in understanding the physical, mental and social wellbeing barriers and challenges so that we can meet needs.

# Yoga in the community - a personal journey supporting social prescribing

Deborah Whipp  
The Loft Wellbeing, UK

## Abstract

This presentation is a reflection on my personal journey from injury to becoming a registered yoga teacher with the Yoga Alliance. Reflections include the positive impact of learning in 2019: The Body Aligned: Yoga, functional anatomy and Injury and learning in 2020: The body Athletic: Teaching yoga in sports and to athletes. As a teacher we never stop learning and collaborations with students in my class from the medical profession have brought to my attention asanas that are unsafe for some students. For example, the extreme and loaded flexion of the spine in Halasana (Plough pose) is a contraindication for anyone with osteoporosis, osteopenia or at risk of developing it (consider menopausal women in your practice). Awareness of contraindications and challenges in yoga is important for safe practice.

Of course, Yoga teachers are blessed to offer more than musculoskeletal awareness we deliver mindfulness, our students are held in a safe place, with like-minded individuals, together we create a community of respect, love, and kindness, we share our energy and laugh together. We are happy and we leave practice feeling good. All this in one hour and cheap as chips.

Author

Deb Whipp (Presenting) [info@theloftwellbeing.com](mailto:info@theloftwellbeing.com)

# Yoga in Care Homes: Benefits and Challenges

Liz Oppedijk  
Accessible Chair Yoga CIC, United Kingdom

## Abstract

### Problem/solution

Frailty and mobility issues are common among care home residents, most of whom have multiple co-morbidities and a sedentary lifestyle, leading to loss of independent function and quality of life.

Seated yoga can, when modified appropriately, provide a safe and effective activity that alleviates many health issues experienced by care home residents. Specialist chair yoga teacher training provides the skills needed for yoga teachers, care staff, and healthcare professionals to offer this activity in care homes on a regular and sustainable basis.

### Stakeholders

Care home residents and their relatives. Care home staff and managers. Yoga teachers and therapists. Healthcare professionals, social prescribing networks, and local government authorities involved in social care.

### Key messages

Chair yoga provides an accessible, safe, and effective way to bring yoga's holistic combination of breathing, movement, and meditation to care home residents as a complement to Western medical treatments. Recent studies show reduced anxiety and depression, and improved mood and relaxation in chair yoga participants with and without dementia. Qualitative evidence reveals reduced social isolation and increased motivation when practised in a group (Frampton et al., 2021). Anecdotal feedback reveals yoga can relieve physical conditions such as pain from arthritis. The same range of benefits can be experienced in one-on-one sessions with a yoga therapist.

Accessible Chair Yoga CIC has built (and continues to seek) partnerships to tackle the challenges of bringing yoga into care homes: working with academia to increase the evidence base for yoga's benefits and improve understanding of yoga as an appropriate activity in this setting; working with charities, social prescribers, and local authorities to address the shortage of trained teachers and funding limitations in the sector; and working with care homes and chair yoga teachers to support the delivery of an effective and sustainable chair yoga service.

Contact: [info@accessiblechairyoga.com](mailto:info@accessiblechairyoga.com)



# A qualitative evaluation of an online mindfulness-based programme for people with Parkinson's

Rebecca Hadley<sup>1</sup>, Abigail Hucker<sup>2</sup>, Lucy Annett<sup>2</sup>, Liz Oppedijk<sup>3</sup>

<sup>1</sup>Centre for Research in Public Health and Community Care (CRIPACC), School of Health and Social Work, University of Hertfordshire, Hatfield, United Kingdom. <sup>2</sup>Department of Psychology, Sport and Geography, School of Life and Medical Sciences, University of Hertfordshire, Hatfield, United Kingdom. <sup>3</sup>Accessible Chair Yoga CIC, St Albans, United Kingdom

## Abstract

Parkinson's is a neurodegenerative condition characterised by motor (e.g., tremor, stiffness, slowness of movement) and non-motor symptoms (e.g., cognitive impairment, depression, fatigue). Evidence suggests alternative therapeutic strategies, such as mindfulness, alongside medication, can be effective in the management of symptoms (British Psychological Society, 2021). Most studies have used face-to-face delivery of mindfulness programmes; however, the accessibility of face-to-face sessions was limited by the Covid-19 pandemic and continues to be a barrier to participation for people with Parkinson's. Therefore, this study aimed to establish the feasibility and acceptability of a 4-week mindfulness-based programme delivered online using Zoom. Twenty-six people with mild to severe Parkinson's participated in the programme. Eight participants took part in one-to-one follow-up semi-structured interviews online to qualitatively explore experience of online delivery and perceived effects of mindfulness on symptoms. Interviews were analysed using thematic analysis. Four themes were identified including: "Benefits of mindfulness practice for people with Parkinson's", "Effectiveness of breathing practices", "Encouraging engagement and continued practice" and "Barriers to online programmes". Participants discussed how mindfulness provided a space for being present and encouraged relaxation and calm. Breathing techniques were highlighted as effective for calming tremor and aiding sleep. Participants discussed how additional follow-up sessions could have aided further engagement and allowed for embedding practices into their daily routines. The programme was viewed as positive, however, online delivery hindered the development of a sense of community. We will present findings from the qualitative thematic analyses, focussing on key learnings that can be implemented in future provision of online mindfulness programmes for people with Parkinson's.

Reference: British Psychological Society (2021). Psychological interventions for people with Huntington's disease, Parkinson's disease, motor neurone disease, and multiple sclerosis: Evidence-based guidance. Leicester: Author.

Keywords: Parkinson's, mindfulness, online, qualitative

# Knowledge Transfer of Bodily Practices between China and India in the Medieval World

Dolly Yang

University College London, London, United Kingdom

## Abstract

A rich tradition of bodily practices in China, known as yangsheng, is cited in many textual sources dating from the 3rd century BCE onwards, among them a large collection of pre-modern sources relating to postural and breathing exercises known as daoyin (lit. guiding and pulling). Daoyin is an ancient Chinese therapeutic exercise from which many modern taiji and qigong forms are derived. It includes stretching and contracting the body and limbs, self-massage, controlled breathing and focused attention, incantation and visualization.

While the interactions between India and China during the medieval period were dominated by the spread of Buddhism, certain distinctive bodily practices appeared in India which later became known as haṭhayoga. The aim of this paper is to explore possible interactions between the two bodily-oriented traditions of daoyin and haṭhayoga and to discover whether daoyin, or more broadly, yangsheng, in some way contributed to the genesis of haṭhayoga.

A brief overview of the history of Chinese therapeutic exercise between the 3rd century BCE and the 12th century CE will be given, followed by an analysis of exercises from early haṭhayoga texts, focusing on the earliest extant haṭhayoga manuscript, the Amṛtasiddhi, dating from the 11th century CE. Comparative analysis establishes a strong connection between the earlier Chinese sources and the later bodily practices described in the first extant haṭhayoga texts.

Although not disputing the proposition that it is possible to trace the roots of haṭhayoga to the various ascetic practices of 5th century BCE at the time of the Buddha, the 'appearance' of the haṭhayoga texts from the 11th century onwards cannot solely be explained by tracing their roots to the oral traditions of Indian antiquity. The paper argues that some of the most telling influences on the early development of haṭhayoga could have come from China.

# Yoga4Health & Yoga4NHS Staff Wellbeing Protocols

Paul Fox  
Yoga In Healthcare Alliance, Ely, United Kingdom

## Abstract

**Problem/Solution:** Creating a secular, evidence-based, and NHS-friendly yoga programme that healthcare professionals can recommend and participate in.

**Stakeholders:** NHS; Personalised Care Institute; Royal College of GPs, University of Westminster

**Key Messages:** Yoga4Health is a 10-week early intervention/prevention social prescribing programme for NHS patients who need to make lifestyle changes. Patients with stress/anxiety/mild-moderate depression; those at risk of CVD and/or Type 2 Diabetes; and those who are socially isolated are referred, signposted, or self-refer onto the programme, which is delivered by a national network of 450 Yoga4Health teachers. The effectiveness of this evidence-based programme has been evaluated in two published papers from the University of Westminster, which showed statistically significant gains across all measures, including patient activation. During 10 two-hour sessions, service users are supported to develop an individualised yoga toolkit to support lifestyle change. Ongoing support is provided. Yoga4Health was commissioned by West London CCG and is accredited by the Personalised Care Institute.

Yoga4NHS staff wellbeing is a 6-week protocol based on Yoga4Health, but with shorter 60 minute sessions delivered on site at NHS establishments. It is offered at Level 1 and Level 2 (a further 6 weeks) and provides a route for NHS staff to become Breath Ambassadors to cascade the benefits of simple breathing practices to healthcare colleagues, or Yoga4Health Ambassadors able to additionally deliver mindfulness and posture practices as well as breathwork. Yoga4NHS has been submitted for accreditation with the Royal College of GPs.

Submitted by: Paul Fox, Chief Operating Officer, Yoga In Healthcare Alliance

Contact: [yoga4health@gmail.com](mailto:yoga4health@gmail.com)

# The Yogi Group - Children's Mental Health Days in Schools Across Lancashire

Laura Mitchell  
The Yogi Group, Preston, United Kingdom

## Abstract

The Yogi Group - Children's Mental Health Days in Schools Across Lancashire.

The number of children and young people who are experiencing a mental health condition has recently increased from Almost 1 in 5 children between 7 and 16 now have a diagnosable mental health condition. If we can work with children at an early enough age, we can reduce this number.

50% of mental health conditions develop before the age of 14. It is important that children are aware of and can understand their mental health, as well as being able to access the right support, at the right time if they are experiencing poor mental health.

The Yogi Group services are delivered in partnership with schools because we believe it is important to have a universal approach that includes all children and because schools are best placed to spot signs that a young person might be experiencing poor mental health and reduce further, expensive mental health referrals.

The Initiative:

Funding for the delivery of our service has been in place since 2020. We have worked across schools in Blackpool, Fylde, Wyre, Chorley, South Ribble and Greater Preston, West Lancashire, Morecambe and South Cumbria. Paid for by Lancashire's local mental health commissioning teams has allowed The Yogi Group to work with children, giving them specific skills to help improve mental wellness, including anxiety-relieving techniques, breathing techniques, yoga poses and mindful movement. We have provided a legacy of support within the schools we have visited, providing teachers a pack of resources to carry on learning and a feedback form to return to The Yogi Group to measure impact. Our qualified teaching team have been in school for full day, working alongside both key stages; we allocate schools more than one day depending on the number of pupils they serve.

Contact: [theyogigroup@gmail.com](mailto:theyogigroup@gmail.com)



# Do Qigong-based Mindful Movement and other Mindbody Practices have a place in Higher Education (HE)? An Invitation to Participate in Mindbody Research

Lisa Clughen, Amanda Edmondson  
Nottingham Trent University, Nottingham, United Kingdom

## Abstract

It is well established in medical and other academic literatures that physical movement, including mindful movement practices such as qigong, provides considerable benefits for many factors that are of fundamental importance for learning and teaching: general physical health; cognitive health; and mental health and wellbeing. In a report on global sedentariness in 2020, the World Health Organisation appealed to educators to reduce sedentary behaviours and strongly advocated introducing regular activity of any intensity into one's daily life, mentioning movement practices like Tai Chi as having health benefits. Academia is well-known for its sedentariness globally, however, and researchers have pointed out that 'social acceptability' is a barrier to introducing movement or physical activity into the often 'highly sedentary', 'somatically impoverished' educational cultures that exist in HE. Even known experts in movement in Higher Education express nervousness when asking students to do anything physical. Do mind-body practices have a place in HE, then? If so, what benefits might they offer? Will they be tolerated in HE cultures? Having experienced a short mindful movement video, what was your experience? Is it really feasible to get HE 'on the (mindful) move'? What would the challenges be to doing this? Which mind-body practices might find a place in a mindful, embodied university? HE staff are invited to participate in research that seeks to explore these questions and this paper will introduce the research.

HE Staff in any context are invited to do either or both of the following activities:

- Trial a short qigong-based mindful movement video and then complete a short, anonymised survey about your experience and your opinions on mind-body practices in Higher Education.
- Participate in a focus group at the end of the research with an independent researcher (Dr Amanda Edmondson, Dept. of Psychology, NTU).

To participate in this research, HE Staff sign up: [here](#) or via the QR code below:



## Lisa Clughen, Senior Lecturer in Spanish

The Nottingham Institute for Languages and Intercultural Communication (NILIC), School of Arts and Humanities, C/O Dice Building, Nottingham Trent University, Nottingham NG1 4FY, England

Tel: +44 (0) 115 848 3133 | \* [Lisa.Clughen@ntu.ac.uk](mailto:Lisa.Clughen@ntu.ac.uk)

Social Media Links:

LinkedIn: [linkedin.com/in/lisa-clughen-56a65632](https://www.linkedin.com/in/lisa-clughen-56a65632)

Twitter: @ClughenLisa

ORCID [0000-0001-6759-0525](https://orcid.org/0000-0001-6759-0525)

## Amanda Edmondson, Senior Lecturer in Psychology

Department of Psychology, Goldsmith St, School of Social Sciences, Nottingham Trent University, Nottingham NG1 4BU, England

Social Media Links:

Twitter: @AmandaEdmonds76

Tel: +44 (0) 115 848 6594 | \* [Amanda.Edmondson@ntu.ac.uk](mailto:Amanda.Edmondson@ntu.ac.uk)

Photo of Lisa Clughen, Principal Investigator:



## Using Yoga Lifestyle to Tame your Sabre-Toothed Tiger

Helen Kimber  
Hero Lifestyle, Preston, United Kingdom

### Abstract

The problem research suggests that 1 in 6 people suffer stress that impacts their life. Millions of days of work are lost due to stress and stress has a huge impact on the economy, relationships, health and wellbeing. Stress is a sensory overload that reduces the body's coping mechanisms.

The solution: Giving people the tools to help support their own stress.

Yoga is NOT just making shapes or breathing or meditating. It is a lifestyle where an individual incorporates all the arms of yoga and in turn these can help them manage stress and tame their tiger! One of the arms of yoga - Ahimsa, means do no harm. This is interpreted as not only doing no harm to others but to oneself, treating the body with respect, giving it good nutrition, allowing it to sleep and to breath well and to maintain flexibility and tone.

Our 21st century lifestyle is wired for stress and yet we have failed unlike all other technological advances to be any different physiologically and psychologically than our cave dwelling ancestors.

Yoga can provide a support to the stress response in the following ways: -

- 1) **Pranayama** - breathwork- there are many different types of yogic breathing, but they have a beneficial effect on slowing down the parasympathetic nervous system. Which in turn impacts the hormones from the stress response.
- 2) **Asana** - these are the shapes we make when we practise yoga.
- 3) **Meditation** - Living for the moment, focusing on only one thing, removal of stimuli, the practise of Asana incorporates the mind and the body connection.
- 4) **Ayurveda Lifestyle** - Working to the solar rhythm - Brahma Muhurta - getting up as dawn breaks, making time to focus on your most important machine. Chanting - for improved vagal tone, as well as helping reduce the stress response.

Contact: [infoherolifestyle@gmail.com](mailto:infoherolifestyle@gmail.com)



# Poster abstracts

# The evidence base for trauma-informed yoga: A scoping review

Lauren Haworth<sup>1</sup>, Philip Stainton<sup>1</sup>, Claudia Danes-Daetz<sup>1</sup>, Karen Haydock<sup>2</sup>, Ambreen Chohan<sup>1</sup>.

<sup>1</sup> Allied Health Research Unit, University of Central Lancashire, Preston, UK

<sup>2</sup> Living Yoga, Preston, United Kingdom.

Email: ICRResearch@uclan.ac.uk

## Abstract

**Background:** The benefits of yoga are widespread, with positive outcomes in measures of resilience, anger, anxiety, stress, depression, and fatigue, as well as flexibility, strength, and weight loss. Yoga is being increasingly used for individuals with a history of trauma, resulting in the emergence of trauma-informed yoga (TIY). TIY instructors need to make intentional, trauma-informed choices regarding avoidance of certain props (e.g., straps that emulate restrains), and positions that could be triggering for practitioners. TIY teaches practitioners about how yoga practice can regulate stress responses, calm the nervous system, encourage self-soothing somatosensory input, leading to physical feelings of safety and pleasure. With the rising popularity of TIY, empirical evidence to support safe provision of TIY to vulnerable populations is essential. Previous systematic reviews of TIY effectiveness are promising, although they concluded that the evidence base lacks rigor and specificity and are now dated. The aim of this scoping review was to provide an up-to-date summary of the evidence base for TIY.

**Methods:** This scoping review protocol was guided by the JBI scoping review methodology, and the PRISMA Extension for Scoping Reviews framework. A multi-database (Scopus, CINAHL Complete and PubMed) search was conducted using predefined keywords for studies written in English. Search terms included 'trauma informed yoga' OR 'TIY' OR 'trauma sensitive yoga' OR 'TSY' OR ('trauma' AND 'yoga'). Included studies presented primary research, recruited individuals with a history of trauma, and included a TIY intervention. Quantitative, qualitative, and mixed-method studies were all eligible for inclusion. Title, abstract, full-text screening, and data extraction were performed by a single reviewer and verified by a second.

**Results:** 847 articles were initially identified and reduced to 64 following title and abstract screening, 27 of which were considered suitable for inclusion in this review.

**Conclusion:** An overview of findings from this review will be presented at the conference.



# Therapeutic Exercises from a Seventh-century Chinese Medical Text

Dolly Yang

University College London, London, United Kingdom

## Abstract

This poster aims to introduce a rich source of ancient therapeutic exercises, known as *daoyin* (lit. Guiding and Pulling), recorded in *Zhubing yuanhou lun* (Treatise on the Origins and Symptoms of Medical Disorders), a seven-century Chinese medical text. This state-sponsored medical text was compiled in 610 CE under the decree of the emperor Yang of the Sui dynasty (r. 604–618 CE), as part of his radical medical reforms, which promoted *daoyin* to be the main medical curriculum and treatment at the imperial court with the intention of reaching to the rest of the Sui China and beyond.

Essentially a text on nosology, which deals with the classification of diseases, *Zhubing yuanhou lun* gives descriptions of 1739 diseases under 71 categories. It also includes approximately 200 different *daoyin* exercises for treating various diseases. As many as 13 exercises can be used for the treatment of a single disease. This poster focuses on the content of *daoyin* exercises recorded in this authoritative medical text written by court physicians primarily for doctors and medical students. It explores both the types of diseases for which *daoyin* instructions are given and those for which they are not prescribed. It also illustrates five principal types of exercises featured in *Zhubing yuanhou lun*: physical movement, breathing exercises, self-massage, visualisation and incantation.

The inclusion of *daoyin* exercises in *Zhubing yuanhou lun* created a more formal and standardised approach to the teaching and learning of these exercises and facilitated their prescription by doctors to their patients. The endorsement by the Sui government and the newly standardised form of the exercises enhanced the perception of their validity and raised their status as an official treatment method.

A complete translation of the *daoyin* exercises in *Zhubing yuanhou lun* will be published in 2023 by Purple Cloud Institute with illustrations by Jessica Chiang.

# Understanding the barriers to TaiChi/Qigong to inform Social Prescribing Practice

Agata Wieczorek<sup>1</sup>, Lauren Haworth<sup>1</sup>, Philip Stainton<sup>1</sup>, Feixia Yu<sup>2</sup>, Ambreen Chohan<sup>1</sup>

<sup>1</sup> Allied Health Research Unit, University of Central Lancashire, Preston, UK

<sup>2</sup> Confucius Institute, University of Central Lancashire, Preston, UK

Email: ICRResearch@uclan.ac.uk

## Abstract

**Background:** Tai Chi and Qigong (TCQ) are two forms of low-to-moderate intensity physical activity which incorporate elements of traditional Chinese medicine, martial arts conditioning and lifestyle philosophy. Effective implementation of this person-centred health and wellbeing intervention for social prescribing practice requires an understanding of potential barriers and benefits. Whilst the health benefits of TCQ are well documented within academic research, many individuals are still unaware of the individual health benefits. The present review aimed to investigate the extent to which individuals are aware of TCQ's health benefits and explore potential barriers to engagement in a TCQ programme.

**Methods:** A search was conducted in four databases using predefined keywords (PubMed, ProQuest Health and Medical Collection, Ovid and EBSCOhost) for relevant studies written in English and published in the last 10 years.

**Results:** After duplicate removal and title, abstract and full-text screening, 15 articles were included in the review. The most common barriers to engagement identified included education, medical conditions and access (time, travel and technology).

**Conclusions:** Although the health benefits of TCQ are widely reported academically, they are poorly understood by the general public. In order to truly facilitate social prescribing of physical activity programmes such as TCQ it is important to understand the benefits, barriers and potential inequities. The barriers identified in this review broadly fit into three themes (Individual, task and societal themes). The inequities that may be caused by these barriers need to be addressed in order to make this form of exercise more accessible, which may facilitate the effective implementation of TCQ as a social prescribing tool for personalised self-management of long-term conditions.

# Regulatory capture: the (de)implementation of breathwork and meditation as mental ill-health treatment

Alleson Reyna

United Kingdom

## Abstract

Breathwork and meditation techniques are widely promoted based on decades of published research describing mental health benefits. A growing body of studies describes clinically observed induced effects including anxiety, dissociation, flashbacks, euphoria, psychosis and seizures. Risk management measures are based on traditional, cultural technical knowledge and published clinical guidance.

Patients with mild-to-moderate depression and anxiety disorders were prescribed Sudarshan Kriya Yoga (SKY breath meditation) by primary care mental health services in South England. In 2019 the project evaluation recommended wider delivery of this low-cost community treatment, now only available within NHS as wellbeing skills development for healthcare professionals.

This is a review of Sudarshan Kriya Yoga risk management approaches according to regulatory capture theory.

**Methods:** Documentary analysis - comparison of project evaluation participant exclusion criteria with; i) empirical studies describing induced adverse effects of taught techniques, ii) Sudarshan Kriya Health Policies, iii) registered and contested intellectual property rights, iv) empirical studies describing adverse effects of meditation and mindfulness, v) religious texts from 5th and 15th century, vi) diagnostic considerations for 'religious and spiritual problems', vii) Ayurvedic recommendations.

**Results:** There are significant implementation and regulation gaps regarding Sudarshan Kriya Yoga breath meditation policies. The project evaluation exclusion criteria differ from the organisations' health screening policies and cited published studies describing observed adverse effects. Teachers, practitioners, and physicians have limited access to those policies and studies. The previously published recommendation to screen, monitor and adjust these techniques in collaboration with the medical practitioner is not observed. Clinical guidance, including the recommendation to monitor prescribed lithium levels for affected patients, is applied without additional medical or regulatory oversight.

**Conclusion:** Key concepts appear consistent across traditional approaches and modern clinical psychiatric studies. Patient safety concerns remain unaddressed due to overlapping institutional approaches; i) wellbeing education, ii) mental ill-health treatment, iii) financial concerns, iv) religious instruction.



# Understanding the barriers and benefits of a 6-week online Tai Chi / Qigong intervention

Philip Stainton<sup>1</sup>, Lauren Haworth<sup>1</sup>, Agata Wieczorek<sup>1</sup>, Feixia Yu<sup>2</sup>, Ambreen Chohan<sup>1</sup>

<sup>1</sup> Allied Health Research Unit, University of Central Lancashire, Preston, UK

<sup>2</sup> Confucius Institute, University of Central Lancashire, Preston, UK

Email: ICRsearch@uclan.ac.uk

## Abstract

**Background:** Tai Chi and Qigong (TCQ) are two forms of low-to-moderate intensity physical activity which incorporate elements of traditional Chinese medicine, martial arts conditioning, and lifestyle philosophy. Effective implementation of this person-centred health and wellbeing intervention for social prescribing practice requires an understanding of potential barriers and benefits. Whilst the health benefits of TCQ are well documented, this pilot study also explores benefits to participation in an online TCQ 6-week intervention.

**Methods:** Participants of the study were recruited from individuals who had registered to take part in a 6-week online instructor-led TCQ programme. Participants completed an anonymised online questionnaire before and after the intervention. Pre and Post intervention questionnaires consisted of five domains: (1) Participant experience, (2) Pain and function, (3) Physical activity levels, (4) Subjective wellbeing, and (5) Sleep quality.

**Results:** Of the 14 participants who took part in the intervention, six had prior experience of attending TCQ classes in-person (n=1), online (n=2) or hybrid delivery (n=3). Post-intervention, aspects of functional health status (COOP-WONCA) significantly improved. Perceived benefits of participating in the TCQ course include improvements in movement (n=12), mental health (n=11), daily structure (n=11), balance (n=8), and social interaction (n=5). The number of participants reporting some level of pain also significantly reduced post-intervention.

Reported barriers for attending an in-person TCQ class were related to time, travel, location limiting accessibility, Covid-19, lack of childcare, weather and quality of instructor. There were fewer concerns relating to online TCQ classes; risk of technical issues and not being able to see the instructor clearly.

**Conclusions:** The benefits of participating in TCQ are widespread and can be achieved through online and face to face sessions. Online delivery alleviates some of the barriers associated with face-to-face sessions and makes this form of exercise accessible to more people.

# The Influence of Dispositional and Experimentally Induced Mindfulness on Visual Attention and Creative Cognition

Zoe D. Hughes\*, Linden J. Ball and Jeannie Judge

University of Central Lancashire, Preston, United Kingdom

## Abstract

Mindfulness is thought to be linked to creativity via a mutual demand for attentional processes, yet the impact of mindfulness on creative cognition remains equivocal. In experiment 1, we sought to examine experimentally induced outcomes of a brief mindfulness intervention. Participants completed a modified flanker task to assess attention inhibition and the sustained attention to response task (SART) with thought probes embedded to assess mind wandering. Task performance was examined for subsequent effects on creative performance in rebus puzzles. In experiment 2, we examined the impact of dispositional mindfulness on attention inhibition, using the same flanker paradigm in experiment 1, and convergent and divergent creativity using the Compound Remote Associates Task and Alternative Uses Task, respectively. Using general linear mixed effects models, the results demonstrated that; in experiment 1, participants in the mindfulness group displayed faster reaction times in a flanker task relative to the control group, suggesting better allocation of attentional resources benefitting executive attention and inhibition. Mindfulness successfully enhanced sustained attention and provoked less interference of irrelevant mind wandering thoughts, leading to faster reaction times in the SART. However, mindfulness did not appear to pose a beneficial effect on creative problem solving. In experiment 2, response times for incongruent flankers uniquely predicted originality in a divergent creativity task, implying that high-conflict trials rely on attentional inhibition that, in turn, predicts the generation of original ideas. The findings support the view that a brief mindfulness intervention is effective at improving executive attention and inhibition and point towards the notion that attention inhibition selectively improves stages of divergent idea evaluation which contributes to the production of original ideas, but this is not true for convergent creativity. Collectively, the results point toward a causal relationship between mindfulness and creativity via distinct attentional processes.

Contact: ZDHughes1@uclan.ac.uk

# Yoga and occupational therapy: a literature review

Sam Pywell

Social Prescribing Unit, University of Central Lancashire, Preston, United Kingdom

## Abstract

Yoga can be used in social prescribing to address a significant quantity of components which help keep people well, as seen in the NHS Yoga4all programme and with the National Academy of Social Prescribing. Multidimensional and holistic by nature, yoga practice therefore can be considered both a destination intervention of social prescribing (where social prescribing referrers can refer individuals to) and for personal use also. Occupational therapists, as Allied Health Professionals with social prescribing responsibilities (as articulated by NHSE Personalised care teams and the national government agenda supported by the Royal Society for Public Health), can become yoga instructors under extended scope practice, and refer to community yoga providers. The barriers an individual faces to accessing meaningful activities such as yoga to achieve their goals need to be addressed within care plans, personalised health care budgets and clearly articulated for the individual to access yoga. Accessibility of yoga including the environment it is delivered in, transport to and from, cost, any contraindications to certain movements, breathing and thoughts all need to be considered to personalise yoga and remove or reduce barriers to yoga. This conference poster illustrates a literature review specific to yoga and occupational therapy in the context of social prescribing, with recommendations for future research.

Contact: SPywell2@uclan.ac.uk



# Outdoor yoga in the Forest: Pennine Oaks and Yoga as Green Social Prescribing

Saba Iftikhar

Pennine Oaks, Burnley, United Kingdom

## Abstract

Pennine Oaks is a community organisation based in the heart of a beautiful woodland near Pendle Hill, Lancashire. Numerous social prescribing interventions are hosted in the woodland, and the activities are open to all ages. Individuals can self-refer or be referred by BAME networks, police, council, and local services. Pennine Oak's works with the local population including refugees and individuals from Global Majority backgrounds to increase confidence, motivation, teamwork, and support networks all vital for well-being. As part of this, Pennine Oaks delivers outdoor yoga in the forest.

We use natural elements and nature to enhance communities' mental well-being and physical health. One method we use is breathing exercises as when one is out in nature, your breathing will automatically change to fit its environment. As breathing is a mechanism we need to survive as humans we do not explore the benefits that come from the different types of breathing. In stressful situations we are all storming ahead, however, if we take a step back and breathe slowly, this can positively impact and reduces stress levels. Research shows that correct breathing exercises can help alleviate stress levels, lowers blood pressure, and improves sleep along with digestive and other benefits.

We use Eco-therapy to explore the benefits of breathing and grounding exercises to tune into nature. It does not require you to be surrounded by nature, rather it is about you being in tune with your natural environment. Grounding can be as simple as standing in the garden barefoot. The connections from the earth to your being are phenomenal and it has been proven to help reduce inflammation, alleviate chronic pain, and decrease stress to name a few, hence why breathing and grounding work so well collectively. As Aristotle once said: "In nature, there is something marvellous".



# Embedding Qigong-based Mindful Movement Practices into the Higher Education Classroom: A Move too Far for Higher Education?

Lisa Clughen, Amanda Edmondson  
Nottingham Trent University, Nottingham, United Kingdom

## Abstract

This poster will present the results of a mini-sabbatical research project 'Mindbody Movement Practices for Wellbeing in the HE Curriculum: A Move too Far for Higher Education?' led by Lisa Clughen, a Senior lecturer in Spanish in Nottingham Trent University (NTU) and funded by Trent Institute for Learning and Teaching (TILT) at NTU. The research explored student responses to the embedding of qigong-based mindful movement (MM) into Level 1 Spanish language classes. Mindful Movement activities were integrated into four Level 1 Spanish classes for a period of four weeks in term 1, 2021 and for two weeks in term 2, 2022, to coincide with student assessment periods, known times of stress for students. A mixed methods approach was adopted for the research. First, in-class polls were used to gauge levels immediate responses to the activities. Two semi-structured focus groups with a randomly selected group of students were also used. These were conducted by Dr Amanda Edmondson from NTU's Department of Psychology. The first took place after the series of activities in term 1 and the second after the assessment period in term 3. Three key themes were explored: Student responses to mindful movement in class; student feelings about the movements in terms of their impact on their learning; comparisons with classes without mindful movement activities and contexts for mindful movement activities. Descriptive statistics and an inductive thematic analysis were performed to examine the data. The overall conclusion was that MM offers a useful, immediate, and low-resource approach to core issues related to student health and to the wider enhancement of learning and teaching for HE.

# Attitudes, knowledge and understanding of mind-body practices for social prescribing amongst university health science staff and students

Claudia Danes-Daetz<sup>1</sup>, Lauren Haworth<sup>1</sup>, Philip Stainton<sup>1</sup>, Sakhti Karunanithi<sup>2,3</sup>, Ambreen Chohan<sup>1</sup>

<sup>1</sup> Allied Health Research Unit, University of Central Lancashire, Preston, United Kingdom.

<sup>2</sup> Consciousness UK, Preston, United Kingdom.

<sup>3</sup> Director of Public Health, Lancashire County Council, Preston, United Kingdom.

## Abstract

**Introduction:** There is growing evidence to support mind-body practices like yoga as a therapeutic intervention for a range of health conditions. In the UK, yoga is promoted as a social prescription tool by the National Health Service (NHS). However, existing research has not examined the factors influencing the decision to utilize mind-body practices as a social prescribing tool. This study aimed to explore the attitudes, knowledge, and understanding of mind-body practices as a social prescribing tool among health science students and staff.

**Methods:** 26 participants from health science programs at the University completed an anonymous questionnaire. The data was analysed using a mixed-methods approach, employing thematic analysis for qualitative data and calculating the net promoter score (NPS) to assess participants' inclination to recommend mind-body practices and yoga as a social prescribing tool.

**Results:** For social prescription, non-clinical community alternatives, health benefits and lack of awareness of the term were identified as key themes. For mind-body practices, lack of awareness, mind and body relationship, and health benefits were identified as key themes. Most participants were aware of the physical and psychological benefits of practicing yoga, but with limited awareness of the social, emotional and spiritual benefits. While most participants were promoters of recommending mind-body practices as a social prescribing tool (15 NPS), the opposite was true for yoga (-15 NPS), potentially due to a lack of knowledge or personal engagement with yoga.

**Conclusion:** Although most participants from a health science background were aware of the benefits of mind-body practices, there was a prevalence of detractors when it came to recommending yoga as a social prescription. Implementing educational strategies to increase knowledge of mind-body practices and yoga among health science students and staff, with a focus on social prescribing practice may help to improve referral pathways in future practice.

# Practical sessions

## Qigong in Executive Training: The use of qigong as an integrated learning strategy in modern soft skills training.

John Millar

The Qigong Academy, Ipswich, Suffolk, United Kingdom

### Abstract

Developing effective ways to engage both the body and mind in learning and development is a constantly evolving process within the corporate sector.

Qigong offers a rich source of training strategies as it engages both the body and mind in transformative practice. Qigong's traditional focus on health, spiritual development, and martial arts are easily adapted for the needs of a modern corporate audience, the underlying principles remain relevant in today's busy corporate world and can easily be applied into diverse areas including:

- Leadership
- Communication Skills
- Mentoring and Coaching
- Wellbeing

In the practical session we will experience some of the mindful movement that has been used so effectively in the corporate sector. In the talk we will introduce the underlying principles of this style of working including creating learning environments, developing common understanding, and introducing basic qigong models that are relevant and accessible to a corporate audience while being profound enough to support continuous learning.



## Z's Defence Academy: breathing techniques and meditation for women's mental wellbeing

Zee Jogi

Z's Defence Academy & Train With Zee, Blackburn, Lancashire, United Kingdom

### Abstract

Breathing techniques and meditation sessions are delivered by Z's Academy to the local community as part of a social prescribing offer. These sessions ultimately support the mind, body, and soul to connect with the inner self. The Yoga/meditation session we offer has been very popular due to the effects it has on the mental health and physical body. Women live a busy lifestyle and taking care of themselves can be a mission. We follow the Wim Hoff method which has proven to be a major success. The power of the Wim Hof Method is the combination of the three pillars. A committed, consistent practice including the breathing technique and cold exposure can help with many benefits. These include Increased energy, Better sleep, Reduced stress levels, Heightened focus & determination, Increased willpower, Stronger immune system. Wim Hoff has created techniques for breathing and cold exposure through self-exploration which is backed by scientific evidence. These methods stimulate the deep physiological process to reach one's full potential. Breathing for our physical session is important to achieve the optimal level of activity. During exercise, the body needs more oxygen and energy to nourish the tissue/muscles. The more you push your body the higher the heart rate and respiratory rate. This allows the body to work to its maximum opportunity and achieve greater results. ZDA has proven over time how world records can be achieved through consistent training and breathing techniques. They have achieved a high level of increase in physical activities indoors and outdoors which has ultimately supported the wellbeing of many women within the local community.

Contact: [www.zsdefenceacademy.co.uk](http://www.zsdefenceacademy.co.uk) & [www.trainwithzee.co.uk](http://www.trainwithzee.co.uk) -  
[zsdefenceacademy@gmail.com](mailto:zsdefenceacademy@gmail.com) & [zebz786@yahoo.com](mailto:zebz786@yahoo.com), 07720636847



## Food and Tea as a Vehicle for Healing: Mindful Eating and Drinking in Sync with Seasonally Changes - A Chinese Perspective

Hannah Yu-Pearson

Eat Drink Hui

### Abstract

慧 HUI is a space to practise conscious embodiment through tea and food. Intimate and meditative supper clubs and tea experiences are facilitated with the teachings of Traditional Chinese Medicine(s).

This is medicine in the form of gathering to eat and drink in the tender presence of others and yourself. An opportunity to gently return to your body through eating, drinking, listening, holding, sharing and resonating. Each gathering features facilitated movement practices, meditative exercises, conversation prompts and optional sharing.

Each gathering is themed using the 24 solar terms, the five elements and zangfu organs. For example, a supper club hosted during autumn equinox is themed on lung health, grief and the metal element. All the food, tea, movement exercises, meditations and prompts are built upon this theme.

Beyond Traditional Chinese Medicine and healing movement practices, HUI has drawn from integrative somatic trauma therapy and politicised somatics. The intention of each gathering is to guide participants into a parasympathetic state and allow them to move and connect from their ventral vagal system. Food and tea are simply vehicles for a consciously embodied experience when movement alone is inaccessible. In this context the body is seen as a process as well as a site of transformation. To date, participants have been able to use the space to practise authentic sharing, deep listening, mindful eating and drinking, as well as community.

The purpose behind HUI is to facilitate conscious embodiment. We are all embodying something, and oftentimes what we are embodying is not aligned to our values or longings. HUI momentarily takes participants out of activated, dissociated, numb or overly intellectualised states into a softer, more curious state to listen to the language and innate healing wisdom of the body.

Contact: [www.eatdrinkhui.com](http://www.eatdrinkhui.com)

## Conference aims and objectives



adapted from the 5 ways to wellbeing

## The conference team:

Dr. Sakthi Karunanithi, Director of Public Health, Lancashire, England, UK.

Sam Pywell, Principal Lecturer, Social Prescribing Unit, University of Central Lancashire, Preston, UK. [socialprescribing@uclan.ac.uk](mailto:socialprescribing@uclan.ac.uk)

Feixia Yu, Director of The Confucius Institute, University of Central Lancashire, Preston, UK. [fyu@uclan.ac.uk](mailto:fyu@uclan.ac.uk)

Dr Ambreen Chohan, Senior Research Fellow, Allied Health Research Unit, University of Central Lancashire, Preston, UK. [ICResearch@uclan.ac.uk](mailto:ICResearch@uclan.ac.uk)

Dr Lauren Haworth, Senior Research Assistant, Allied Health Research Unit, University of Central Lancashire, Preston, UK. [ICResearch@uclan.ac.uk](mailto:ICResearch@uclan.ac.uk)

Nicole Danielle-Booth, Lecturer, Sport and Exercise Science, University of Central Lancashire, UK.

Mel Lowe, Apprenticeship Work Based Educator, University of Central Lancashire, UK.

Sarah Cotton, ODP Apprenticeship Work Based Learning Educator, University of Central Lancashire, UK.

Sarah Jane-Sargent Smith, Independent Yoga Therapist and Trainee Associate Psychological Practitioner with the NHS, Lancashire, UK.

Theme					
<b>Connect</b> With other delegates In group sessions Before, during and after conference	<b>Be active</b> Do Yoga & mind-body practice Nature emersion & practice	<b>Keep learning</b> Learn more theory, practice, research and the evidence base Innovate for future health creation	<b>Take notice</b> Meditation Mindfulness Focus on the present	<b>Give</b> Yogic responsibilities - community ethos Free sessions Break/remove barriers to yoga and mind-body practice individuals face	<b>Meditate</b> For health creation

[socialprescribing@uclan.ac.uk](mailto:socialprescribing@uclan.ac.uk)

