

# Take a breath with social prescribing

Chaired by Joshua Ryan  
Head of the Thriving  
Communities Programme  
National Academy for Social  
Prescribing

Tuesday 14 June 2022

[@NASPTweets](https://twitter.com/NASPTweets)



# Today we will be hearing from

Heather Mason, Director, Yoga In Healthcare Alliance

Paul Fox, Chief Operating Officer, Yoga In Healthcare Alliance

Dr. Sat Bir Singh Khalsa, Associate Professor of Medicine,  
Harvard Medical School

Emma Lowther-Wright, Mandala CIC



**Heather Mason, Director**

and

**Paul Fox, Chief Operating Officer**

**Yoga In Healthcare Alliance**





# The Yoga4Health Protocol

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YOGA IN HEALTHCARE  
ALLIANCE



# YIHA Teacher Training

01:36:21 Speaker View Exit Full Screen

Paul Fox Flo W Ryder Sharon Jennings Helen Harris Minded Zoom1

Claire Matthews Jaz Mullings-Lambert Talula Sheppard Saskia Neary Jacqui Gunnion

Liliana Pavone Hilary Bichovsky Colette Kealy Lynn Dixon Loren

Elina Kivikoski Lyndsey Hayes Andrea Duffin Rupal D Sandra da Silva

Anne Williams Elanor Kortland Marina Simon Wallwork Eleanor Maxwell

From Jaz Mullings-Lambert to Eve...  
This has been one of a kind TT I ha...

Unmute Stop Video Participants 38 Chat 1 Share Screen Record Reactions Leave

# YIHA Teachers Directory



YIHA has trained over 250 Yoga4Health teachers. Our training is now accredited by the Personalised Care Institute. If you are a Yoga4Health teacher networking with colleagues, an NHS patient seeking to self-refer onto a Yoga4Health course, or a health professional trying to find your nearest Yoga4Health teacher, this is the place to come. This page will become a fully searchable interactive directory. While we work on that we have the document below which shows teachers by region.

## England

### London/Greater London & surrounding boroughs

NAME	TOWN/CITY/VILLAGE	POSTCODE	TELEPHONE	EMAIL
Leanne Tessier-D'Silva	London	SW18 4AG	07932 220390	<a href="mailto:Leanneyoga4health@gmail.com">Leanneyoga4health@gmail.com</a>
Elaine Collins	Islington	EC1V 0BQ	07941 256235	<a href="mailto:elaine@liveandbreatheyoga.co.uk">elaine@liveandbreatheyoga.co.uk</a>
Indira Nandha	London	E13 0SJ	07971 647869	<a href="mailto:indira@sirilakshmi.com">indira@sirilakshmi.com</a>

# The Yoga In Healthcare Alliance is a Registered Charity

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**CHARITY COMMISSION**  
FOR ENGLAND AND WALES

# PCI Accredited Training

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# Funding Support

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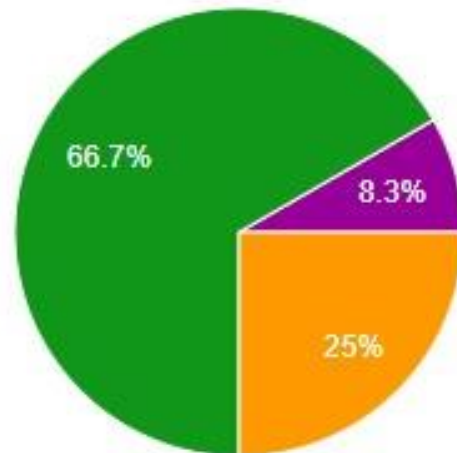
# Data Collection

## My Social Network

It has been easy to relate to others

12 responses

 Copy



- Not at all
- Occasionally
- About half the time
- Most of the time
- Almost always

## Sat Bir Singh Khalsa, Ph.D.

- Director of Yoga Research for the Yoga Alliance and the Kundalini Research Institute
- Research Associate at the Benson Henry Institute for Mind Body Medicine
- Research Affiliate at the Osher Center for Integrative Medicine
- Associate Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital

He has conducted research on yoga and yoga therapy since 2001 and has been a practitioner/instructor of Kundalini Yoga since 1973. His research has evaluated yoga for insomnia, chronic stress, and anxiety-related disorders, and in workplace and public school settings.

He works with the International Association of Yoga Therapists promoting yoga research as scientific director for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He is medical editor of the Harvard Medical School Special Report *Introduction to Yoga*, and chief editor of the medical textbook *The Principles and Practice of Yoga in Health Care*.



**Dr. Sat Bir Singh Khalsa**  
Associate Professor of Medicine  
Harvard Medical School

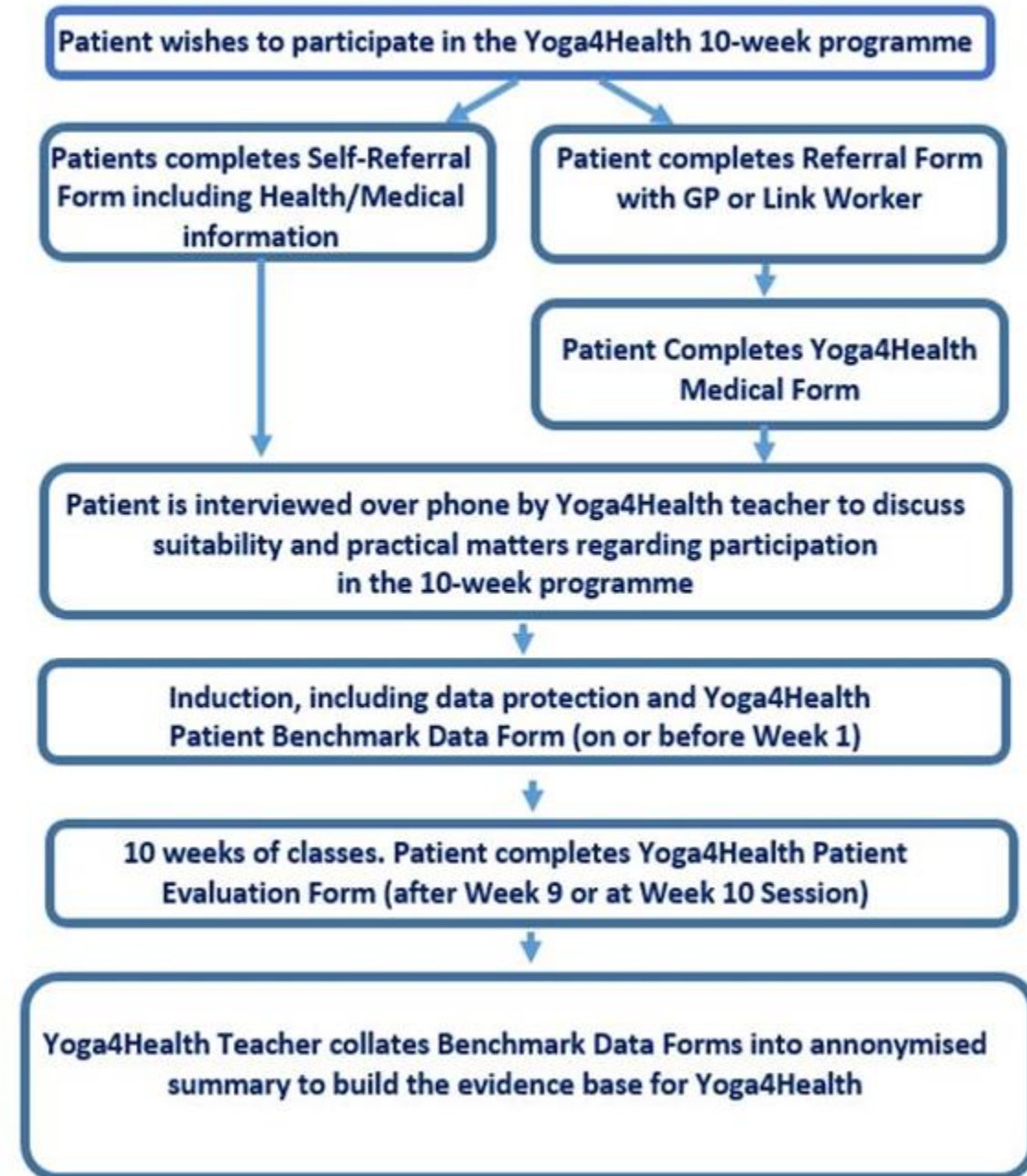
*See separate slides*



# Pathways into Yoga4Health

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## Yoga4Health Patient Pathway





**Emma Lowther-Wright**

Mandala Community Interest Company (CIC)

*Emma spoke with only a few illustrative slides*

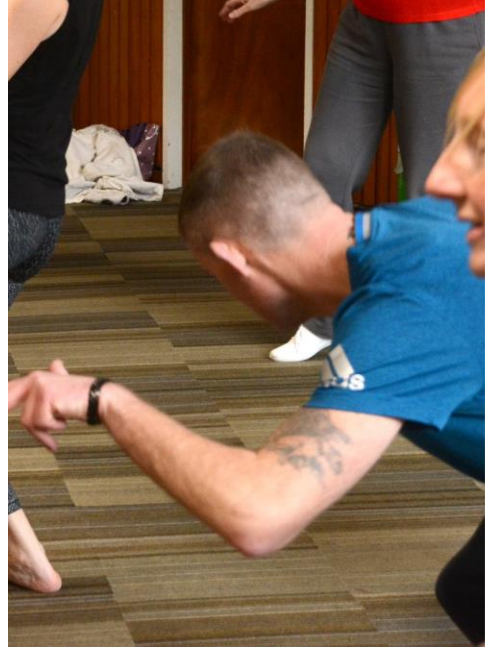






Yoga in Morecambe





Groove in Morecombe



National  
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**Thank you**

Our next webinar will be Tuesday 28 June, 9.30am  
[Health Inequalities: Wellbeing through food](#)

More details and to catch up with previous sessions see our website:  
[socialprescribingacademy.org.uk/thriving-communities-webinars](https://socialprescribingacademy.org.uk/thriving-communities-webinars)



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## Get in touch

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