

## The Berkshire MS Therapy Centre

The Berkshire Multiple Sclerosis Therapy Centre is an independent local charity.

The Centre provides a wide range of information, support and therapies, aimed at improving symptom management and quality of life to people with MS and their carers, throughout Berkshire and the surrounding areas.

Our core therapies include:

- Physiotherapy
- Counselling
- Yoga
- Oxygen Therapy

With our purpose built Centre, we also offer a much wider range of complementary therapies such as:

- Massage Therapy
- Spinal Reflexology
- Chiropody
- Acupuncture
- Acupressure
- Reiki
- Reflexology



### Berkshire Multiple Sclerosis Therapy Centre

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Charity No. 800419



# Yoga



# Yoga

## What is Yoga?

**Yoga has been developed over thousands of years to promote good health and inner peace. It combines gentle holistic activities designed to:**

- **Maintain fitness, suppleness & muscle tone**
- **Strengthen the body's own self-healing powers, with breathing, meditation and visualisation**
- **Energise both body and mind**
- **Reduce stress**
- **Improve concentration and clarity**
- **Control and calm the mind helping you work, relax and sleep more deeply**

As such, it affords strong protection against illnesses of all kinds.

Originating in the East, Yoga is now practised by millions of people worldwide to maintain and improve the quality of their lives.

## Yoga for people with MS

Yoga is uniquely able to assist people with MS. Its gentle holistic activities, and breathing and meditation techniques, improve and help maintain energy flow with minimal physical effort.

Fitness and clarity of mind are improved whilst further degeneration can be slowed down and even reversed.



**“Gentle stretching and nourishing relaxation - good for both your mind and your body”**

Quote from a Member who takes part in the Friday afternoon class

**“I live for the day and, with the help of treatments at the MS Therapy Centre, I manage to do quite a lot!”**

## Yoga at the Therapy Centre

We have two yoga instructors at the Centre:

- **Gabby Rees who runs a class on Friday afternoons**
- **Uddhava who holds a Monday evening class**

**For more information on Yoga at the Centre, or to arrange to attend a class, contact us on:**

**t: 0118 901 6000  
f: 0118 901 6001  
e: [ms@bmstc.org](mailto:ms@bmstc.org)  
w: [www.bmstc.org](http://www.bmstc.org)**