



20 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing on behalf of North Yorkshire Sport, the county sports partnership in North Yorkshire, to express our support of Yorkshire Yoga's new building extension and improvements project.

The centre hosts a wide range of activities for all ages and ability levels and it is a popular venue for community groups to hire.

We endorsed Yorkshire Yoga's successful Community Investment Fund (CIF) application to Sport England in 2008 and, as a result of the partnership funding, Yorkshire Yoga was able to purchase its multi-sports premises in early 2009.

Unfortunately, the planned alterations to the building were cut from the CIF budget due to time constraints and a reduced contribution from the national governing body.

Now that the charity owns the building, Yorkshire Yoga is committed to improving and extending the building so that it can further increase the number of participants using the community facilities.

It is worthwhile mentioning that Yorkshire Yoga received the BBC Power of Sport Award in December 2009 because of its excellent reputation in making physical activity fully-inclusive for people who are disabled and/or disadvantaged.

North Yorkshire Sport endorses Yorkshire Yoga's capital project. We can affirm that Yorkshire Yoga is working for the good of the community. Any funding that you may be able to provide as a partner funder would be a worthwhile investment in an important community asset.

Please feel free to contact me if you have any questions.

Yours sincerely,

David Watson
Executive Director

www.northyorkshiresport.co.uk

Working for you

Our Ref JMc/jw
Your Ref
Date 20 July 2010

To Whom It May Concern

YORKSHIRE YOGA'S CAPITAL PROJECT FOR COMMUNITY SERVICES EXPANSION

Dear Sir/Madam

I am writing on behalf of Harrogate Borough Councils Sports Development Service to express our support of Yorkshire Yoga's new building extension and improvements project.

We actively endorsed Yorkshire Yoga's successful Community Investment Fund (CIF) project in 2008, which allowed the charity Yorkshire Yoga to purchase its multi-sports premises in early 2009. The centre hosts a wide range of activities for all ages and ability levels and it is a popular venue for community groups to hire.

The Yoga Centre is an integral part within its local community and as a facility is an asset to our area. The continued support and growth of these types of facilities is essential if we are to continue to meet the governments target of a one per cent increase in Physical Activity year on year as well as at a local level making the Harrogate District a Healthier place to live.

In light of this we fully endorse The Yorkshire Yoga project and we hope that you will be able to provide the partnership funding requested for this worthy cause.

If you require any further information, please do not hesitate to contact me.

Yours sincerely,



JOHN MCGIVERN
Senior Sports Development Officer
john.mcgivern@harrogate.gov.uk
Tel: 01423 556729



HARROGATE & AREA COUNCIL FOR VOLUNTARY SERVICE
Promoting Local Voluntary Action

21 July 2010

Community House
46-50 East Parade
Harrogate
HG1 5RR

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Tel: 01423 504074
Fax: 01423 502126
cvs@harrogate.org
www.harrogate.org

Dear Sir/Madam

I am Funding Advice and Development Officer at Harrogate CVS and in this role have been advising and supporting the charity Yorkshire Yoga on development and funding issues over a number of years.

I am now writing to express my support of Yorkshire Yoga's new building extension and improvements project.

I was involved in advising on Yorkshire Yoga's successful Community Investment Fund (CIF) project in 2008 which enabled the purchase of its multi-sports premises in 2009. Usage of this centre has grown considerably in response to local community needs, now hosting a wide range of activities for all ages and ability levels and hired by a range of community groups.

While the Sport England-led CIF project originally included the alterations to the 2nd storey in the overall budget, these alterations were subsequently cut from that budget. Even so Yorkshire Yoga was able to considerably increase active usage of its targeted Priority Group in the first year of the CIF project and, in recognition of this outstanding achievement, received the BBC Power of Sport Award in December 2009.

In striving to respond to existing and new needs of its membership and community Yorkshire Yoga seeks to continue its plans to improve and extend the building so that the increasing number of older people, people with disabilities and young parents with babies/small children can easily access the proposed new facilities upstairs.

I fully endorse Yorkshire Yoga's project and hope that you will be able to provide the partnership funding requested for these highly-regarded facilities.

If you require any further information please feel free to contact me.

Yours faithfully,

Nina Muir
Funding & Development Officer



12 Vicarage Lane
Naburn
York
YO19 4RS

To Whom it May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing as one of the consultants for the **Fit4Health** project. I would like to say how much I support Yorkshire Yoga's new capital project ~~to expand its community facilities and improve the~~ existing structure at 9-10 Halfpenny Close, Knaresborough.

I assess clients who have been referred for exercise and dietary advice by local GP practices in the area. The centre is wonderful for these clients as they are then offered various exercise activities according to their needs including those at Yorkshire Yoga.

I am extremely hopeful that funding comes through for the much needed alterations to the first floor. I believe the charity's facilities would be very much improved and more user friendly. At present it is difficult to hold normal course lessons in the upstairs meeting room as it is too small and people have to disturb any activity in this area as it is the main access to the changing room facilities on the other side. As the area between the ground floor studio and the first floor is not currently sound proofed it means one session impacts on another if they are taking place at the same time.

I would very much like to see a lift facility to access the first floor. At present a number of GP referral clients find it very difficult or sometimes impossible to access this area. It is embarrassing to ask a client to climb the stairs if they feel they are unable to do so with ease. The extension and lift would serve even more people in the local area who may feel they could not normally access exercise and health facilities. **Fit4Health** is for all and the expansion proposals to this unit would increase the number of clients who may be able to benefit from Yorkshire Yoga's facilities.

Therefore I would like to say that I entirely endorse the Yorkshire Yoga's capital project and I very much hope you will support the charity's efforts to expand its service to the local community.

Please let me know if I may be of help in any further way,

Yours faithfully



Sheila McKeever (Yoga teacher and Registered General Nurse)

20 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am the North Yorkshire County Representative for the British Wheel of Yoga. As such, it is my role to organise training days and continuing professional development events for qualified teachers in the North Yorkshire area.

We regularly hire the premises at the Yorkshire Yoga & Therapy Centre for weekend training sessions as it has met the criteria for being an 'Approved Centre' of the British Wheel of Yoga. The ground floor studio is perfect for our use and it easily accommodates 30 student-teachers on their yoga mats plus the tutor. The natural wood floors and high vaulted ceilings contribute to the peaceful ambience of the environment. The centre adheres to a Green Housekeeping Policy. There are fully accessible ground floor toilet facilities and portable ramps for people with disabilities. The centre also has a mobile hoist so that wheelchair users can be hoisted down to their mats for a fully-inclusive practice.

In a cascade effect, the community ends up reaping the benefits from the in-service training days organised by the British Wheel of Yoga. This is because the teachers utilise what they have learned at the training days to improve and expand what they can offer the community members who attend their weekly classes.

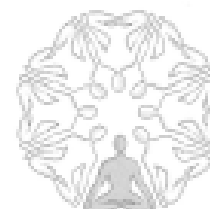
For example, I am currently in the process of establishing a yoga for pregnancy in-service training day. Teachers will be trained in the modifications and areas of caution required for teaching yoga to pregnant women. Upon completion, teachers will be able to safely teach pregnant women attending their community classes. As a result, more women will be able to rely on the calming, natural childbirth techniques of yoga to improve their experience of labour and delivery.

It is an excellent idea to have a more user-friendly, soundproofed room upstairs with upgraded facilities. Two events will be able to take place in the building at the same time. I give my full-hearted endorsement of the Yorkshire Yoga & Therapy Centre's plan to extend and improve the building.

Yours sincerely,



Alison Goodwin
North Yorkshire County Representative
British Wheel of Yoga



THE BRITISH WHEEL OF
YOGA

CENTRAL OFFICE 25 Jermyn Street,

Seaford,

Lincolnshire,

NG34 7RU

TEL 01529 306851

FAX 01529 303233

WEB www.bwy.org.uk

PATRON Dr Rosy Daniel MBBCh

Kausthub Desikacher

Reg. Charity No. 264993

VAT Reg. No. 267874773

23 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing in support of Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

The facilities at the centre have been invaluable to me whilst building up my group in the local area (as I know they have been for all the other user groups) in a town where quality floor space with high level amenities is difficult to find.

Finding a centre with the amenities to serve all members of the community in this area is virtually impossible, and I truly believe that the improvements that would hopefully take place at the centre should the capital project go ahead would be a tremendous help to all in the community.

I therefore give my hearty endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its service to the community.

Please do not hesitate to contact me via the centre if you require further information.

Yours sincerely



Chief Instructor "The Yorkshire Silat Academy".

12 College Road
Harrogate
Email: linzmeierj@yahoo.com

25 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing to express my support of Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

Having the charity's facilities available for hire has been extremely helpful for the breastfeeding group I run as a La Leche League leader.

I do so hope that the funding comes through for the much-needed alterations to the first floor. This would make the facility far more user-friendly because, at the moment, the upstairs meeting room is currently too small for conducting normal course sessions, plus people have to walk through this main room to get to the changing facilities on the other side. On top of this, the area between the ground floor studio and the first floor is not soundproofed which makes it difficult to have two events taking place at the same time.

With an extension and the installation of a lift for the increasing number of young mums with strollers and older and/or disabled participants, the facilities would be able to serve even more people in the community.

I therefore give my hearty endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its service to the community.

Please do not hesitate to contact me if you require further information.

Yours sincerely,



Jessica Linzmeier

Harrogate La Leche League Leader
La Leche League Great Britain



Samantha Parker
23 St Nicholas Road
Harrogate
HG2 7PX

20 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I would like to offer my full support to Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

Having the charity's facilities available for hire has been extremely helpful for the courses I run as a National Childbirth Trust educator. Making classes available to the local community is a valuable part of what we do. Finding suitable venues is a real challenge. Using the Yoga Centre is excellent because of all the complimentary activities that take place there - pregnant women attending Antenatal Classes will invariably see and sign up for Pregnancy Yoga then Baby Massage etc - a perfect example of community services.

If funding comes through for the much-needed alterations to the first floor, the charity's facilities would be greatly enhanced and more user-friendly. I have found the upstairs meeting room is currently too small for conducting normal course sessions, plus people have to walk through this main room to get to the changing facilities on the other side. On top of this, the area between the ground floor studio and the first floor is not soundproofed which makes it difficult to have two events taking place at the same time. Unfortunately these challenges mean we are unable to book any more courses to run at the Centre at the moment.

With an extension and the installation of a lift for the increasing number of young mums with strollers and older and/or disabled participants, the facilities would be able to serve even more people in the community.

I therefore give my hearty endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its valuable service to the community.

Please do not hesitate to contact me if you require further information.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Samantha Parker', written over a circular scribble.

Samantha Parker
Antenatal Teacher
National Childbirth Trust

23 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing to express my support of Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

Having the charity's facilities available for hire has been extremely helpful for the courses I run as a baby massage teacher I am able to fill the gap between Ante-Natal Yoga classes and Baby Yoga classes at the Centre. As this involves new Mum's and babies from Knaresborough/Harrogate and the surrounding villages, I feel the alterations are a necessity as this would greatly improve the accessibility to the upstairs meeting room.

The meeting room is currently too small for conducting normal course sessions, plus people have to walk through this main room to get to the changing facilities on the other side. On top of this, the area between the ground floor studio and the first floor is not soundproofed which makes it difficult to have two events taking place at the same time.

With an extension and the installation of a lift for the increasing number of young mums with strollers and older and/or disabled participants, the facilities would be able to serve even more people in the community.

I therefore give my endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its service to the community.

Please do not hesitate to contact me if you require further information.

Yours sincerely



Jill Lewis

15 Westwood Way
Boston Spa
LS23 6DX
(jilllewis@talktalk.net)

21st July 2010

TO WHOM IT MAY CONCERN

Dear Sir/Madam

Yorkshire Yoga's Capital Project for Community Services Expansion

I am a regular teacher at the Yorkshire Yoga Centre and have also personally hired rooms at the centre over the last few years.

The centre is a thriving and valuable asset to the local community and any measures taken to extend and develop facilities at the centre will be a boon. Therefore I wish to express my enthusiasm for the proposed project.

To have extra rooms and facilities available to teachers such as myself. I am a qualified BWY teacher, and I teach a variety of styles including ashtanga, 'hot' yoga and Sun Power yoga. Apart from scheduled weekly classes I teach workshops and one to one private classes.

The addition of extra space to the centre will add much needed flexibility to the building, which will expand its use and allow more than one event to be held at the same time without disturbance between floors. The lift facility is also an excellent idea, which make it easier for the first floor to be used by those who would otherwise find it difficult, such as the disabled, the heavily pregnant or young mother with small children. It will make it a great deal easier to teach one to one classes in the centre, as there will be a second, smaller, self-contained space available.

Naturally I can only lend my wholehearted support for this venture.

Yours faithfully

A handwritten signature in brown ink, appearing to read 'R Goldsbrough', written in a cursive style.

ROBERT GOLDSBROUGH
Goldsky Yoga



6 Church Walk
Bletchingley
Surrey
RH1 4PD
Tel: 01883-744073

Yorkshire Yoga
9-10 Halfpenny Close
Knaresborough
HG5 0TG

20 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing to express my support of Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

Having the charity's facilities available for hire has been extremely helpful for the courses I run as an Ayurveda tutor.

Improvement of the Charity's facilities would add significant benefit to the premises and be of value to the courses run as it would allow for improved access to persons currently disadvantaged by lack of space.

I therefore give my hearty endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its service to the community.

Please do not hesitate to contact me if you require further information.

Yours sincerely

Cathy-Mae Kareise
British Wheel of Yoga Diploma Course Tutor, Ayurvedic Practitioner (MSc, Ayurvedic
Medicine).

Julie Friedeberger 16 Coleraine Road Blackheath London SE3 7PQ phone/fax 020-8858 7286
email: juliefried@clara.co.uk

21 July 2010

To Whom It May Concern

Re: Yorkshire Yoga's Capital Project for Community Services Expansion

Dear Sir/Madam

I am writing to express my support of Yorkshire Yoga's new capital project to extend and improve its community facilities at 9-10 Halfpenny Close, Knaresborough.

I deliver the British Wheel of Yoga Teacher Training Module on Yoga for People Living with Cancer, and will be giving this course at Yorkshire Yoga between March and July 2011. I have given the course seven times in various locations in Britain, and was honoured to be invited to give it at Yorkshire Yoga. The course will benefit the local community, as my previous courses have benefitted theirs. Many of the teachers who will be attending live locally, and having completed the course they will be able to offer their skills to cancer patients in the community who are in great need of the benefits that yoga can provide when dealing with the diagnosis and treatment of a serious, life-changing disease.

Laura Bissell has excellent plans for the alterations and improvements that will enhance the charity's facilities and its important work.

I therefore give my hearty endorsement of Yorkshire Yoga's capital project and I hope you will support the charity's efforts to expand its service to the community.

Please do not hesitate to contact me if you require further information.

Yours sincerely

Julie Friedeberger
Teacher trainer, British Wheel of Yoga

Laura Bissell
Yorkshire Yoga Centre
9-10 Halfpenny Close
Knaresborough
North Yorkshire
HG5 0TG

Our Ref
Your Ref
Date 13th November 2007

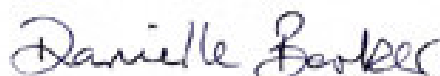
Dear Laura

I'm writing to say thank you for allowing me to watch your Able and Enabled Yoga session. The session offers a fantastic opportunity for those with limited access to traditional leisure and fitness activities. Having seen the full session and spoken to some of the customers, I can see that it's more than a yoga class. It's an opportunity to exercise in a supported and supportive environment, a chance to make new friends, a chance for relaxation and a chance to consider a spiritual side that is easily forgotten in a busy world when you have the added issue of having a disability to contend with.

I already knew a couple of your customers who access activities that I am involved in but it was great to be introduced to disabled people who I had never come across in my role. Your inclusive approach has meant that these people have accessed an activity that has fulfilled their needs without my project being involved or the need for me to remind organisations of the responsibilities under the Disability Discrimination Act. If only other facilities and service providers could follow your example!

I wish you every success in your project and will help in any way that I can be it offering funding advice, assisting in outreach projects or sending customers your way.

Yours sincerely



DANIELLE BARKER
Leisure Development Officer - Disability Project
Tel - 01423 556719
Email danielle.barker@harrogate.gov.uk

Department of Community Services

Harrogate and District Branch



Multiple Sclerosis Society

Mrs J Ellison
Branch Secretary
21 Knapping Hill
HARROGATE
HG1 2DN

julia.ellison@yahoo.co.uk

Tel: 01423 522311

To whom it may concern

24/05/2008

Dear Sir/Madam

Supporting "Yorkshire Yoga & Therapy Centre" "Able & Enabled" and "Thinner-Peace" class

On behalf of several friends of mine, I would like to express my support for the 'Yorkshire Yoga & Therapy Centre' in Knaresborough.

Myself and three other members of the local MS branch with MS, attend the Yorkshire Yoga. As multiple sclerosis is such a varying illness, no two people are alike. Some are able to get on the floor, with a little bit of assistance. But Yorkshire Yoga has a "hoist" that can lift wheelchair users, from their wheelchair, and onto the floor. Being on the floor to do exercises is wonderful. You can stretch and exercise, with assistance, parts of the body that, otherwise, would not get exercised. There are others in the class, who do not have MS, but are equally disabled in some way. We all benefit!

MS can cause numerous health problems, such as constipation, muscle weakness, weak bladder muscles, oedema, depression and poor mobility in general. After yoga exercises, the person with MS can sometimes feel more supple, flexible and relaxed. Constipation can be relieved, and tightening the core muscles is good for the bladder and balance. A lot of people with MS have poor posture, especially after sitting in a wheelchair for long periods – so the core exercises are vital in helping posture, and maintaining an upright position when sat. Oedema, caused by lack of movement, can cause the feet and

50 Years
Striking
Back



Patron HRH Princess Alice
Duchess of Gloucester GCB CI GCVO GBE
Founder Sir Richard Cave KCVO CB DL

MS National Helpline 0800 800 8000
Registered Charity 207496
www.ms-society.org.uk

lower leg to swell up with the fluid retention. In more serious cases, limbs may have to be amputated. So any movement with gentle exercise is good here.

The most brilliant point about Yorkshire Yoga, are the helpers, the volunteers who assist in the class. They are marvellous at helping you, from the moment you enter the room, helping with coats and footwear etc, helping you right until you leave. Some of the helpers, along with Laura, are specially trained in handling disabled people in the correct way, and are also trained to use the hoist. It is their smiling friendly faces that make a disabled person feel valued, and respected. This can help with overall "well-being", and help lift depression. They always have a smile on their face, making you feel welcome.

Another good piece of equipment, are some "wheelchair scales", which are very useful. Disabled people need to watch their weight, which is not easy. But Yorkshire Yoga has a "Thinner Peace" diet, which is a bonus, and the scales to keep a check on weight. Whilst on the floor, your wheelchair is weighed to then minus from the total weight, when on the scales.

I think that Yorkshire Yoga is a vital local service that is provided. Especially the "Able & Enabled" classes, with or without the "Thinner Peace" diet. It is an asset to the community, and not just for the disabled, as there are many classes – pregnant mums, tots, disabled children, the youth, adults, over-weight, right through to the elderly. They cater for everybody. I for one would not know what to do if the "Able & Enabled" was to go! Likewise, the 'Harrogate & District Branch MS Society' would not have Yoga to attend either. Any help in keeping this class going would be much appreciated. I would be devastated, as would a lot of disabled participants,

Yours Sincerely



Julia Ellison

PAUL & BARBARA GRANT
58 Frogmire Road
Knaresborough
North Yorkshire
HG5 0LE
01423 547541
barbara.grant1@ntlworld.com

13th May 2008

To Whom It May Concern,

1-1 CHILDREN'S YOGA & CHILDRENS YOGA WORKSHOPS

Further to my letter of 22 May 2007, I am writing to inform you of the significant progress my children have made through their participation in yoga, at the Yorkshire Yoga and Therapy Centre.

Hazel has made the greatest progress; she really looks forward to her yoga session and is now able to follow the routine Sheena has adapted for her for a full half hour. Generalisation of skills acquired in one context to another, is an area of difficulty for many autistic people and Hazel has begun to practice her yoga at home which is fantastic.

Jamie has also made a great deal of progress; in his yoga routine Jamie is now able to attempt several postures, but the biggest difference that we have noticed is that he is much calmer and episodes of aggression have considerably reduced. Jamie's school, Springwater Special School, have also reported that Jamie is much calmer, co-operative and communicative and this is having a positive effect on his progress at school.

Heather, our non-disabled 8 year old, says that she enjoys her yoga classes as she 'makes new friends and yoga is fun.'

Yours sincerely,



Mrs Barbara Grant
Secretary

Harrogate & District Branch

PAUL & BARBARA GRANT
58 Frogmire Road
Knaresborough
North Yorkshire
HG5 0LE
01423 547541
barbara.grant1@ntlworld.com



22 May 2007

To Whom It May Concern,

1-1 CHILDREN'S YOGA & CHILDRENS YOGA WORKSHOPS

I am writing to let you know how much our children have benefited from children's yoga, at the Yorkshire Yoga & Therapy Centre, Knaresborough.

Of our three children two have special needs and the other is recognised as a 'young carer', they all have very individual needs and difficulties and have gained a lot from their respective yoga classes:

Jamie is 12 years old, autistic with profound and multiple learning difficulties, which include ADHD, severe sensory dysfunction and epilepsy. He has always had problems with concentration and social interaction and has never mastered the skill of mimicking. It can take many months of consistent effort to teach him a new skill. We were amazed and delighted when he copied a yoga posture in the calm environment of the centre. Jamie finds it difficult to relax and his body is very tense and inflexible, if he was given the opportunity to continue with yoga therapy we feel that he would develop flexibility, a better posture and a means of releasing the tension in his body.

Heather is 7 years old and 'sandwiched' between her disabled siblings. Before she came to yoga she was very stiff jointed and being overweight was quite immobile and was having difficulties with walking. Yoga has helped her immensely, her hips and knees are more flexible and finding it much easier to walk and run, she is more active, which in turn is helping to control her weight. In addition yoga has helped her cope with her home situation, for instance relaxation techniques, such as leaving her worries on the 'worry tree' before visualising a visit to a special place, have helped her find her own space in a hectic household and to unwind at the end of the day.

Our youngest child, **Hazel** is 5 years old, and autistic. She is a bright child who is quick to learn but is non-verbal and finds her difficulties with communication very frustrating. This results in frequent temper tantrums, during which she will self-harm. Like her brother, Hazel also suffers with sensory dysfunction and she finds it very difficult to be still and calm. She has really enjoyed her 1-1 yoga sessions with Sheena, and has learnt to be still and calm for up to 10 minutes. After yoga she is much calmer at home and the exercises have really helped with the constipation caused by eating difficulties related to autism.

We are very grateful to Yorkshire Yoga for all they have done for our children, particularly Sheena for her enthusiasm and devotion. We sincerely hope that our children and others like them will be able to benefit from this therapy in the future.

Yours faithfully,

Mrs B Grant
Secretary



Your autism charity

Jamie Metcalfe

Jamie started his weekly 1-1 yoga classes with Sheena early November 2006. Jamie soon got to know Sheena and settled well. Sheena and Jamies physiotherapist have been working together and set up a program for Jamie. Jamies walking and mobility was deteriorating, but now thanks to everyones hard work Jamie is improving.

Benefits Of Yoga class

Helps keep Jamie flexible + mobile.
 Stretches + exercises.
 Reinforces any physiotherapy work.
 Helps posture. (standing up straight).
 Improving range of movement eg. (Hips, feet)
 Calms breathing
 Helps Jamie relax.
 Opens chest (As Jamie slouches a lot).
 Thankyou Sheena for all your hard work + dedication it is appreciated.
 from Jackie + Jamie metcalfe.

A CHRISTMAS GIFT THAT LASTS A WHOLE YEAR

Children like Jamie gain tremendous benefits from Special Needs Yoga

"Jamie has severe epilepsy and cerebral atrophy so he is confined to a wheelchair, but with yoga he was able to stretch his muscles and move his spine with help. He was unable to do this before and the improvement I have seen through yoga has been overwhelming"

-- Jackie Metcalfe, Jamie's mum, end of grant report



Jamie before he started yoga



Jamie after several months of yoga



"The improvements weren't just physical. Coming to yoga is the only thing that makes Jamie giggle!" -- Jackie

Funding for our special needs one-to-one sessions came to an end on 1 April. Most of the grant money currently available from funders is tied up to the Olympics. We like the Olympics too, but it is disappointing that programmes like Special Needs Children's Yoga have to suffer. As you may have realised after last year's demolished wall and evacuation, the yoga centre does not give up easily! We have decided to launch our own fundraising campaign to help our Special Needs Kids. With your help, Jamie and the others will receive a Christmas present that will last throughout the next year. Let's put the smile back on Jamie's face!

PLEASE HELP REINSTATE THE SPECIAL NEEDS 1-TO-1 SESSIONS

If you can help, please contact Laura or Liz at:
Yorkshire Yoga & Therapy Centre, 9-10 Halfpenny Close, Knaresborough HG5 0TG
Tel: 01423 870984 Email: info@yorkshireyoga.co.uk Website: www.yorkshireyoga.co.uk