

Yoga4Health in Deprived Areas of Greater Manchester funded by Sport England (23k) & the National Lottery Community Fund (15k)

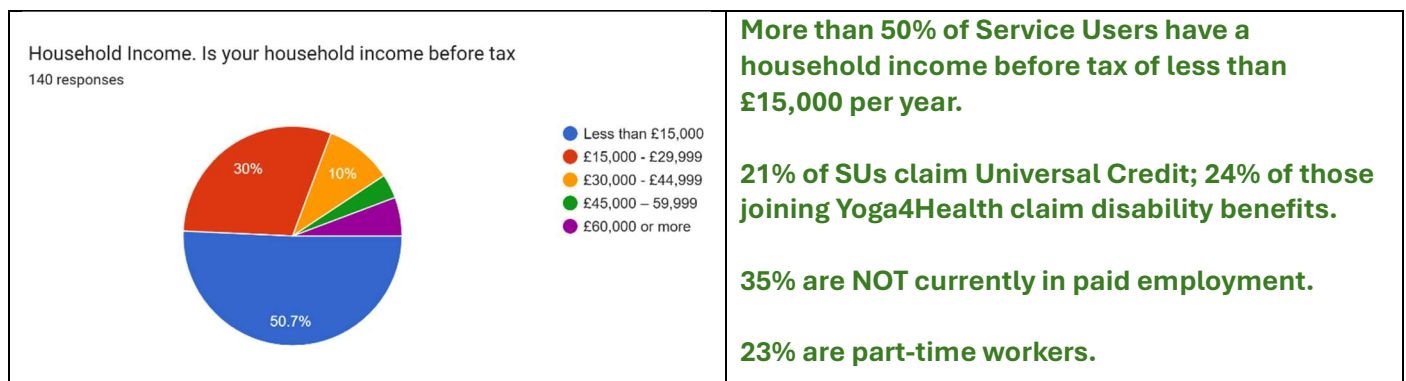
This document summarises evaluation from 165 patients who attended 22 completed Yoga4Health 10-week courses during 2025. Approximately 450 NHS patients identified as needing lifestyle change joined the programme. Yoga4Health is an early intervention and prevention social prescribing programme for patients:

- At risk of CVD and pre-diabetic or Type 2 diabetes
- Those with stress/anxiety/low mood
- Those who are socially isolated

Courses are delivered by experienced Yoga4Health teachers who additionally hold the 60-hour Personalised Care Institute-accredited Yoga4Health qualification recognised by the NHS. Yoga4Health was created and is delivered via the Yoga In Healthcare Alliance charity in partnership with the NHS and local organisations (such as Manchester Active and Be Well in Greater Manchester). Yoga4Health is a proven intervention as shown by the Westminster University 279-patient study and has been running since 2016. This project focused on using the Yoga4NHS 10-week protocol to try to not only improve patient health, wellbeing, and self-care skills, but also narrow health inequalities and reach populations living in the most deprived areas of Greater Manchester.

Evaluation Video: <https://vimeo.com/1147702425/1e25d99131?share=copy&fl=sv&fe=ci>

WHO CAME ON THE YOGA4HEALTH COURSES?



Women made up 89% of Service Users (SUs) and 95% were aged 35 or over. Some 30% of SUs were non-white (17% black, African, Caribbean, or Black British; 9% Asian or Asian British; 4% other ethnic origin)

IMPACT ON MENTAL HEALTH WEEK 1 AND WEEK 10 COMPARISON

The % of Service Users who described their mental health as “Good” rose	17% to 38%
The % of SUs who said they felt stressed “all of the time” fell	23% to 15%
The % of SUs who said they felt anxious “all of the time” fell	21% to 12%
The % of SUs who say they have the tools they need to manage their mental health rose	31% to 55%

SOCIAL CONNECTION WEEK 1 AND WEEK 10 COMPARISON

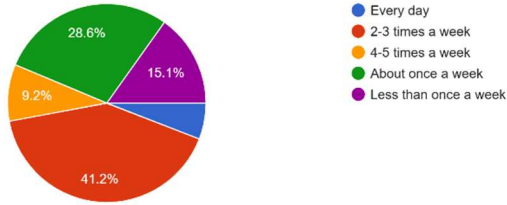
The % of SUs who say they have a strong social network and rarely feel isolated rose	26% to 37%
The % of SUs who felt isolated from other people most or half of the time fell	65% to 54%

WHAT SERVICE USERS TOLD US THEY HAD GAINED FROM YOGA4HEALTH

<p><i>The ability to use breathing to calm and relax. My anxiety has reduced I have a more positive mindset I am more mobile enjoying walks. Feel more positive and like 'me' again.</i></p> <p><i>Doing the class carved out an opportunity for me to take the time to relax, which I know is really beneficial to me as I hold a lot of stress in my body due to my physical conditions and life's stresses. It opened up a new weekly routine for me which I will continue after the course via the videos. It also allowed a safe space to share with others with similar troubles. I would describe it as a cosy cocoon!</i></p> <p><i>Learning techniques to help me relax and stop worrying. It has helped with my aches and pains which means I don't need to keep phoning doctor. Being around other people helps with my mental health and confidence.</i></p> <p><i>I have maintained flexibility. I have been able to continue on 30mg antidepressants instead of going back to maximum dose 40mg. I have been able to breathe from my chest instead of my jaw/neck area.</i></p> <p><i>Group participation has allowed me to feel more connected with others around me. Ability to recognise body posture and body responses to outside stressors. Greater mobility, better posture. Increased self-awareness and ability to apply self-care. An all over sense of better well-being due to being able to benefit from being re-taught how to relax.</i></p> <p><i>I have never done Yoga before, Yoga4Health has given me an insight into how the whole body can benefit and function more effectively by continuing with Yoga.</i></p>	<p><i>I have thoroughly enjoyed it and have gone from not being able to leave my house, to walking 5k steps a day.</i></p> <p><i>I plan to continue to focus on developing relaxation skills learned in the course, I have suffered from hypertension and raised BP for a number of years, I see this as a method of improving that situation rather than just rely on the various Calcium/Beta blockers etc.</i></p> <p><i>I plan to continue improving on relaxing and de-stressing but also sharing these tools with others.</i></p> <p><i>I am trying to do 10-20mins a few times a week. Or when I can't manage that, at least do shoulder circles and a stretch! I would like to achieve improved posture and core strength, as well as overall strength.</i></p> <p><i>I have increased my strength and flexibility. I am going through a hard time recovering from domestic and financial abuse. I'm a single parent and I work, so my life is busy. I felt very stressed and unfit at the start of the course. I feel mentally a bit better now than when I started. Starting to feel better has helped me get up earlier and be more active eg. cycling. I feel more positive about my ability to get more healthy and I think that's made it easier to exercise and even eat better and manage my ADHD better.</i></p> <p><i>I was very pleased to see it is based on scientific knowledge & research. I was really able to appreciate the way this course was put together.</i></p> <p><i>Yoga4Health is wonderful, and has made a big difference to my life.</i></p>
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How often did you practice yoga at home?

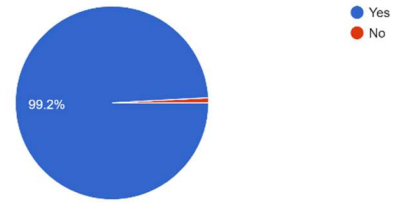
119 responses



85% of participants practiced yoga at home at least once a week. Nearly half practiced 2-3 times a week.

Would you recommend this course to a friend or colleague?

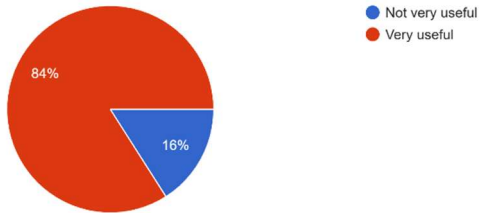
119 responses



99% would recommend it (one said they wouldn't)

Did you find the home practice and class videos useful?

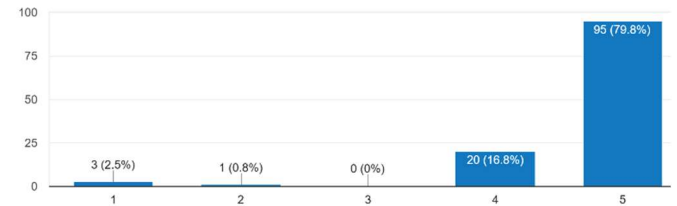
119 responses



84% said the videos were very useful

How enjoyable was the course?

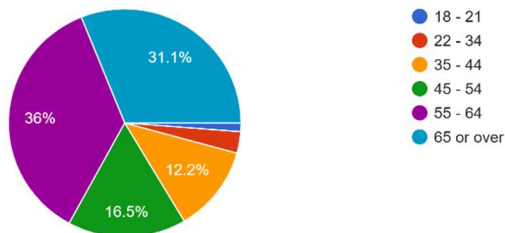
119 responses



97% scored the course 4 & 5 – the highest satisfaction ratings

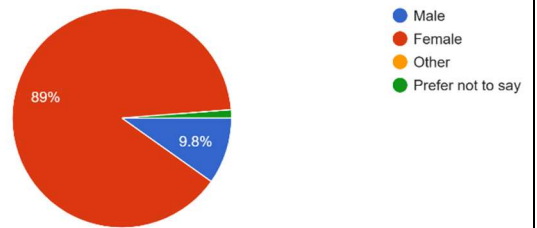
Which age range are you in?

164 responses



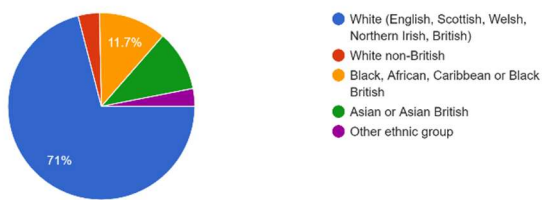
I identify as.....

163 responses



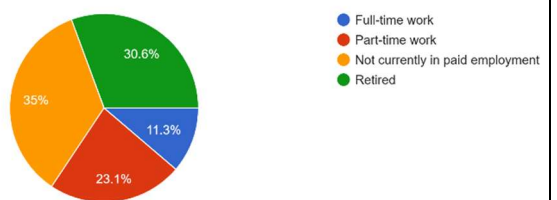
What is your ethnic origin?

162 responses



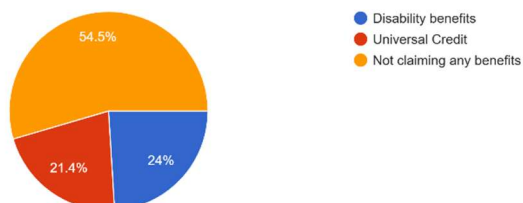
Work. Are you in

160 responses



Benefits. Are you in receipt of...

154 responses



Is the main home where you live

161 responses

