



# Yoga4Health

Continuing Your Journey of Health and Well-Being

[www.yogainhealthcarealliance.com](http://www.yogainhealthcarealliance.com)

Now that you have graduated from the 10-week course we hope you continue to practice yoga and engage in activities to keep yourself healthy and well. Through this course, you now have many skills you can use in daily life and access to many home practice resources. The entire practice we do in class is at the back of your manual so that you can do the entire sequence at home in a chair or on a mat.

You can also log into your account at any time by following this link [www.yogainhealthcarealliance.com](http://www.yogainhealthcarealliance.com) and choose to follow along with a video practice. Have fun with using different practices on different days depending on your mood. You can always refer to your manual as a reminder of what practice theme links with which week. If you don't use the internet you also have pictures of the home practice sequences.

Please note, research does find a direct correlation with the years and months of practice and individuals' well-being. We hope you give yourself the gift of continued practice.

In addition to what we provide, in this document you will also find a list of activities including yoga classes that you can engage in, within your local area.

<b>Yoga</b>		
<p><b>Open Age</b></p> <p><b>WHERE:</b> Venture Centre, 103A Wornington Road, W10 5YB Tuesday 2-3.30pm £1.50</p> <p>T: 020 8964 1900 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a></p>	<p><b>Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>Open Age</b></p> <p><b>WHERE:</b> Positive Age Centre, Peabody Estate, Dalgarno Way, W0 5JN Monday 1.30-3pm £1.50</p> <p>T: 020 3713 8735 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a></p>	<p><b>Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>Pepperpot Club</b></p> <p><b>WHERE:</b> 1a Thorpe Close, W10 5XL Thursday 11am-12pm £1</p> <p>T: 020 8968 6940</p>	<p><b>Yoga</b></p>	<p>Classes open to age 50+</p>

<p><b>Portobello Green Fitness Club</b></p> <p><b>WHERE:</b>  3 to 5 Thorpe Close, W10 5XL  Friday 12.30-2.30pm  £4</p> <p>T: 020 8960 2221</p>	<p><b>Breathing Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>Kensington Leisure Centre</b></p> <p>WHERE:  Walmer Road, W11 4PQ</p> <p>Monday 3.30-4.30pm  £2</p>	<p><b>Yoga</b></p>	<p>Classes open to all levels</p>
<p><b>Response Community Projects</b></p> <p>WHERE:  300 Old Brompton Road, SW5 9JF  Wednesday 11am-12pm  £1</p> <p>T: 020 7370 4606  W: <a href="http://www.responseprojects.org.uk">http://www.responseprojects.org.uk</a></p>	<p><b>Seated Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>Response Community Projects</b></p> <p>WHERE:  300 Old Brompton Road, SW5 9JF  Thursday 6.30-7.30pm  £5</p>	<p><b>Yoga</b></p>	<p>Classes open to all levels</p>

<p>T: 020 7370 4606 W: <a href="http://www.responseprojects.org.uk">http://www.responseprojects.org.uk</a></p>		
<p><b>New Horizons</b></p> <p>WHERE: Guinness Trust Estate, Cadogen Street, SW3 2PF Monday 2-4pm £1.75</p> <p>T: 020 7590 W: <a href="http://www.new-horizons-chelsea.org.uk/">http://www.new-horizons-chelsea.org.uk/</a></p>	<p><b>Pranayama Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>New Horizons</b></p> <p>WHERE: Guinness Trust Estate, Cadogen Street, SW3 2PF Thursday 10-11am £1.75</p> <p>T: 020 7590 W: <a href="http://www.new-horizons-chelsea.org.uk/">http://www.new-horizons-chelsea.org.uk/</a></p>	<p><b>Mobility Yoga</b></p>	<p>Classes open to age 50+</p>
<p><b>New Horizons</b></p> <p>WHERE: Guinness Trust Estate, Cadogen Street, SW3 2PF Thursday 11am-12pm £1.75</p> <p>T: 020 7590 W: <a href="http://www.new-horizons-chelsea.org.uk/">http://www.new-horizons-chelsea.org.uk/</a></p>	<p><b>Yoga (Advanced)</b></p>	<p>Classes open to age 50+</p>
<p><b>Exercises Classes</b></p>		

<p><b>Healthier Life 4 You</b></p> <p>Both boroughs</p>	<p><b>African Dance</b></p>	<p>Bringing people together through dance, getting people to socialise and make friends hence reducing isolation. Gentle dance classes and exercise to music, suitable for all ages and especially tailored to support people who would like to be a little more active.</p>
<p><b>Open Age</b></p> <p><b>Referral Form</b></p> <p>Both boroughs</p>	<p><b>Men's only activity</b></p>	<p>Men's only activities covering digital photography, football, gym, reminiscence, social groups, games, trips, lunches, gardening.</p>
<p><b>Open Age</b></p> <p>T: 020 8962 4141 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a></p> <p>Both boroughs</p>	<p><b>Physical Activity</b></p>	<p>Around 160 hours of a wide variety of physical activities a week, focused on <b>exercise</b> (e.g. chair exercise, yoga, pilates, dance and zumba) <b>sport</b> (e.g. table tennis, badminton and football); delivered by qualified instructors across numerous community venues in Westminster, and Kensington &amp; Chelsea. The programme also offers health related and social activities to improve general wellbeing.</p>
<p><b>Dalgarno Community Centre</b></p> <p>WHERE: Dalgarno Way, W10 5QB</p> <p>T: 020 8969 6300 W: <a href="http://www.dalgarnotrust.org.uk">http://www.dalgarnotrust.org.uk</a></p>	<p><b>Exercises Classes</b></p>	<p>Keep fit classes (women only) for all ages</p>
<p><b>Positive Age Centre</b></p> <p>WHERE: Peabody Estate, Dalgarno Way, W10 5JN</p>	<p><b>Exercises Classes</b></p>	<p>A range of classes including yoga, tai chi, exercise to music and walking group open to age 50+</p>

T: 020 8960 4853		
<b>Venture Centre</b>  WHERE: 103A Wornington Road, W10 5YB  T: 020 8964 1900	<b>Exercises Classes</b>	A range of classes including yoga and line dancing open to age 50+
<b>Portobello Green Fitness Centre</b>  WHERE: 3 to 5 Thorpe Close, W10 5XL Cost: £3-4  T: 020 8960 2221	<b>Exercises classes</b>	A range of classes including dance, fitness classes (women only), spinning (women only), pilates, tai chi and breathing yoga
<b>Pepperpot Club</b>  WHERE: 1a Thorpe Close, W10 5XL Thursday 11am-12pm Cost: £1  T: 020 8968 6940	<b>Exercises classes</b>	A range of classes including music and movement, yoga and tai chi open to age 50+
<b>Kensington Leisure Centre</b>  WHERE: Walmer Road, W11 4PQ Cost: £2  T: 020 7727 9747 W: <a href="https://www.better.org.uk/leisure-">https://www.better.org.uk/leisure-</a>	<b>Exercise Classes</b>	A range of classes including dancing, yoga keep fit, pilates and swimming

<a href="http://centre/london/kensington-and-chelsea/kensington-leisure-centre">centre/london/kensington-and-chelsea/kensington-leisure-centre</a>		
<p><b>Central Library</b></p> <p>WHERE: 12 Phillimore Walk, W8 7NX Cost: £0.50-£1.50</p> <p>T: 020 8964 1900</p>	<p><b>Exercises Classes</b></p>	<p>A range of classes including chair-based exercises, active energy and stretching and relaxing open to age 50+</p>
<p><b>Sybil Thorndyke House</b></p> <p>WHERE: Kramer Mews (off Old Brompton Road), SW5 9LG Cost: £2</p> <p>T: 020 7370 4606</p>	<p><b>Exercises Classes</b></p>	<p>Tai chi open to all</p>
<p><b>Response Community Projects</b></p> <p>WHERE: 300 Old Brompton Road, SW5 9JF Cost: £1-£5</p> <p>T: 020 7370 4606</p>	<p><b>Exercises Classes</b></p>	<p>A range of classes including tai chi, yoga (seated), line dancing, mind and body (women only)</p>
<p><b>New Horizons</b></p> <p>WHERE: Guinness Trust Estate, Cadogan Street, SW3 2PF</p> <p>T: 020 7590 8970</p>	<p><b>Exercises Classes</b></p>	<p>A range of classes including pilates (advanced), chair-based exercises, mobility yoga and yoga (advanced) open to age 50+</p>



<p><b>Chelsea Sports Centre</b></p> <p>WHERE: Chelsea Manor Street, SW3 5PL</p>	<p><b>Exercises Classes</b></p>	<p>A range of classes including dancing, keep fit and chair-based exercises</p>
<p><b>Classes</b></p>		
<p><b>Open Age</b></p> <p>WHERE: <b>Second Half Centre</b> in St Charles Kensington <b>New Horizons</b> in Chelsea <b>Queens Park / Harrow Road Hub</b> - The Open Age Avenues Centre <b>Westbourne Ward Hub</b> - Paddington Arts</p> <p>T: 020 8962 4141 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a> * Fees may apply - £1 per hour <b>** Both boroughs</b></p>	<p><b>Classes and activities</b></p>	<p>Around 380 activities and classes provided weekly including:</p> <ul style="list-style-type: none"> <li>- <b>Creative and performing arts</b> (painting, drama, creative writing, music);</li> <li>-</li> <li><b>IT, iPads, Smartphones and Digital camera;</b></li> <li>- <b>Physical Activity and Sport;</b></li> <li>- <b>Languages</b> (French, Spanish, English conversation);</li> <li><b>Cultural activity</b> (philosophy, English Literature, art history, current affairs).</li> </ul>
<p><b>Open Age</b></p> <p>T: 020 8962 4141 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a> <b>K&amp;C only</b> * Requires GP consent</p>	<p><b>Healthy Lungs</b></p>	<p>An exercise programme designed to improve/decrease the progression of <b>lung related conditions</b>. The programme helps participants to self-manage their condition and to improve their activities of daily living; building confidence and knowledge at exercising in a gym environment.</p>

<p><b>Breathe Easy Westminster</b></p> <p>WHERE: Ada Court, 10-16 Maida Vale, London, W9 1TF Every 3<sup>rd</sup> Monday of each month 11am-2pm</p> <p>T: 020 7834 0894 Website: <a href="https://www.blf.org.uk/support-in-your-area/breathe-easy-westminster-support-group">https://www.blf.org.uk/support-in-your-area/breathe-easy-westminster-support-group</a> <b>Westminster only</b></p>	<p><b>Respiratory education Singing to Breathe</b></p>	<p>Respiratory education by newsletter and regular meetings with talks by local community support and clinical leads. Outings, raffles, talks to NHS local COPD rehab sessions and Health Fairs.</p>
<p><b>Wandsworth &amp; Westminster Mind</b></p> <p>T: 020 7259 8120 M: 077 1563 6626 Website: <a href="https://www.bwwmind.org.uk/how-we-can-help/westminster-services/mother-tongue-counselling-service-westminster/">https://www.bwwmind.org.uk/how-we-can-help/westminster-services/mother-tongue-counselling-service-westminster/</a> <b>Both boroughs</b></p>	<p><b>Mother Tongue Service</b></p>	<p>Multi-session psycho-educational groups (for about 4 to 6 weeks) to measure recovery - for people who speak <b>Arabic or Farsi</b> who want to benefit from group discussions on developing coping strategies: sleep management, dealing with depression, dealing with anxiety etc.</p>
<p><b>Open Age</b></p> <p>T: 020 8962 4141 Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a> Information and to book: <b>Both boroughs</b></p>	<p><b>Steady and Stable</b></p>	<p>An evidenced based falls prevention exercise programme aimed at improving balance and muscle strength to reduce falls. Health talks related to falls are delivered on a monthly basis. The programme also identifies other organisations who work with the older adults and offers staff members training to deliver Steady and Stable exercise classes. All classes are delivered by qualified instructors.</p>
<p><b>Lunch/ Social Clubs</b></p>		
<p><b>Age UK Kensington and Chelsea</b></p>	<p><b>Lunch Clubs</b></p>	<p>Regular access to fresh and reasonably</p>

<p>T: 020 8969 9105  Website:  <a href="https://www.ageuk.org.uk/kensingtonandchelsea/volunteer-support-services/friends--neighbours-project/">https://www.ageuk.org.uk/kensingtonandchelsea/volunteer-support-services/friends--neighbours-project/</a>  £4 lunch  <b>K&amp;S only</b></p>		<p>priced meals at local restaurants and pubs. The lunch clubs also offer those who feel lonely an opportunity for greater social interaction and thus helping them feel less isolated and build friendships over a meal. We also organise intergenerational lunches at local schools where older people can dine alongside pupils, this is an additional way people feeling isolated can enhance their community engagement.</p>
<p><b>Open Age</b>   T: 020 8962 4141  Website: <a href="https://www.openage.org.uk">https://www.openage.org.uk</a>  * £4.50/lunch  <b>Both boroughs</b></p>	<p><b>MEALs - Meet, Eat and Learn</b></p>	<p>A twice-weekly subsidised lunch group. The lunch is prepared off-site by a local restaurant and delivered to two Open Age venues. Once a month the group have lunch in a local restaurant. Transport is provided for those who are unable to get to the sites on public transport.</p>
<p>Salvation Army   WHERE:  205 Portobello Road, Notting Hill, W11 1LU  Tuesday, 12.30pm-1.30pm   T: 020 7727 5178  Website: <a href="https://www.salvationarmy.org.uk/notting-hill">https://www.salvationarmy.org.uk/notting-hill</a>  <b>K&amp;C only</b></p>	<p><b>Salvation Army Lunch Club</b></p>	<p>Open to people who are isolated, homeless or in crisis.</p>
<p><b>Programmes</b></p>		
<p><b>Turning Point</b>   T: 020 7099 3333  Website: <a href="https://www.londonhealthtrainers.com">https://www.londonhealthtrainers.com</a>  <b>Both boroughs</b></p>	<p><b>Health Trainer Service</b></p>	<p>Health Trainers are local people who have been specially trained to support people in their community to make healthier lifestyle choices such as reducing stress levels.</p>

<p><b>Healthy Hearts</b></p> <p>T: 020 3434 2500 W: <a href="https://healthyhearts.org.uk">https://healthyhearts.org.uk</a></p> <p>Self referral (criteria can be found: <a href="https://healthyhearts.org.uk/apply/">https://healthyhearts.org.uk/apply/</a>)</p>	<p><b>Healthy Lifestyle Service</b></p>	<p>A free Healthy Lifestyle Service that provides people who are at risk of Cardiovascular Disease with a range of advice, support, activities and clubs for improving their health for a happier, healthier future.</p>
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