

Connect Here Guide to Yoga and Pilates Classes in Edinburgh



Edinburgh **Health and
Social Care** Partnership



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Keeping the guide up to date:

Services have been included within this guide to provide comprehensive, useful and accurate listings of yoga and pilates services available within the Capital and online. Please email (with hyperlink) any additions or entry update changes for consideration.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

Disclaimer:

The inclusion of services or projects in this guide is in no way a commercial endorsement on the part of Edinburgh Health and Social Care Partnership or NHS Lothian. We are unable to guarantee the quality of service provided by the organisation listed. If you have concerns about a service listed here, please contact the service provider in the first instance and their professional body, if one exists. Please email an experience update to us and it will be taken into consideration whilst updating the next guide. Whilst every effort has been made to ensure the accuracy and reliability of the information in this guide, neither Edinburgh Health and Social Care or NHS Lothian will accept liability for errors or omissions and any resulting harm.

Email: ConnectHereUpdates@nhslothian.scot.nhs.uk

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Chair Yoga and seated exercise

Stiffening of the joints can be a real pain when it comes to getting some exercise (any exercise!) You can address the problem with Chair yoga or seated exercise. This kind of exercise can appeal across the generations. Those of us getting on in years start to love it because it is something that you can do it safely at home if you want to avoid any thought of steamy gyms. Younger office workers find Chair Yoga appealing as it gives them a break from their sedentary sitting in front of a computer.

So what is all the fuss about?

Chair Yoga is a form of yoga that modifies traditional yoga poses to make them accessible to people who cannot stand or have limited mobility. It is also a great way to take a break from work and stretch your muscles. There are many resources available online to help you get started with chair yoga, here are some online resources which you may find useful:

Chair Yoga - Yoga For Seniors | Yoga With Adriene

<https://www.youtube.com/watch?v=-Ts01MC2mIo>

Chair yoga: a 5-minute gentle home workout

<https://www.bupa.co.uk/newsroom/ourviews/chair-yoga>

Bottoms Down, Chair Yoga for Everyone, makes it easy for anyone to practice chair yoga.

https://www.youtube.com/channel/UCOPOj4V0Dbe6_w1VXE1Teaw

Sitting Exercises

<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/sitting-exercises/>

Chair Yoga with Stephanie Knight

<https://www.youtube.com/watch?v=3XkdNfxKtYA>

All the evidence around moving your body versus not moving your body says that something is always better than nothing. The real beauty of this kind of exercise is that you can do a lot or a little.

The best advice is to find a routine that fits you. You can go along to some of the classes listed in this guide or you can do it at home by yourself. All you need is a chair and an internet link and you can access the thousands of Chair exercises on You Tube. You can start with really short routines; 10-20 minutes is fine for me. Try not to over do it particularly if it has been some years since you have done any exercise.

What is Pilates?

Pilates is a form of exercise and body conditioning developed by Joseph Pilates in the early 20th century. Initially designed as a method of injury recovery for dancers, it has since gained popularity as a comprehensive fitness system.

Pilates focuses on the mind-body connection, emphasising precise movements, controlled breathing, and alignment. The system aims to correct muscular imbalances, enhance flexibility, and create efficient movement patterns.

Key Aspects of Pilates

Muscle Strength and Endurance: Pilates involves repetitive exercises that increase muscle strength and activity.

Flexibility: Controlled movements enhance flexibility.

Postural Stability: It targets abdominal and lumbopelvic stability, supporting the trunk and lower back.

Breathing Technique: Strategic breathing improves cervical alignment, shoulder blade stabilisation, and pelvic mobility.

Health Benefits

Pain Reduction: Research suggests that Pilates can reduce pain and disability, especially for conditions like low back pain.

Quality of Life Improvement: For adults aged 50 and older, Pilates has been effective in reducing disability, pain, and enhancing your overall quality of life.

Weight Loss: It may help decrease body fat percentages, body weight, and body mass index in individuals with overweight or obesity.

Balance Enhancement: Some studies indicate that Pilates may improve balance.

Getting Started

All you need is a mat and instructions to begin your Pilates journey.

Pilates can be adapted to your needs.

(With thanks to Bing)

Online/In person Yoga

North Edinburgh Arts
15A Pennywell Court
Edinburgh EH4 4TZ

T: 0131 315 2151

E: admin@northedinburgharts.co.uk

W: <https://northedinburgharts.co.uk/online-activities/yoga-and-meditation/>

Summary: NEA's resident yoga teacher, Stephanie Knight, is running in person and online Yoga and Meditation sessions (via Zoom). In person events are being run at Drylaw Neighbourhood Centre, 67b, Groathill Road North, Edinburgh, EH4 2SA. T: 0131 315 4989.

- Chair Yoga [online and in person] - Mondays, 3.30pm – 4.30pm.
- Gentle Yoga/Beginners Yoga [online] - Wednesdays 2.00pm – 3.15pm.
- Yoga [online] Wednesday evening 7.00pm – 8.15pm.

Cost: £5/£3 per yoga class.

If you live in Muirhouse or Pilton and are unable to afford the class fees, please contact them as they may be able to offer you a free place, For more information about the above classes and other online yoga resources.

EH7 Yoga

Yoga - The Ripple

The Ripple
198 Restalrig Road South
Edinburgh EH7 6DZ

Contact: Catriona Robertson

Opening Hours: Monday: 1.30pm – 2.30pm, Wednesday 12.30pm-1.30pm

E: catriona.robertson@theripple.org.uk

E2: <https://www.rippleproject.co.uk/contact-us>

W: <https://www.rippleproject.co.uk/whats-on-at-the-ripple>

FB: <https://www.facebook.com/ripplerestalrig>

Tw: <https://twitter.com/RippleRestalrig>

Inst: <https://www.instagram.com/ripplerestalrig/>

Summary: Yoga with Cat. ** Please contact Cat prior to attending **

To join in this Yoga class, click on the above links for more information and details.

Yoga (Carer's Programme) Winter 2023

Eric Liddell Centre
15 Morningside Rd
Edinburgh EH10 4DP

T: 07394 497173

Opening Hours: Monday: 11.15am - 12.15am.

E: McCarthyI@ericliddell.org

W: <https://ericliddell.org/carers-programme/carers-programme>

Summary: On the noted dates, these gentle and restorative wellbeing sessions for unpaid carers can be experienced whilst standing or in seated position are held in personal and via Zoom.

- January 15, 22, 29
- February 12, 19, 26
- March 11, 18

EH10 Yoga

Yoga - Braid Hall

Morningside Parish Church
2 Cluny Gardens
Edinburgh EH10 6BQ

Contact: Julie Amers

Opening Hours: Monday 12.15pm-1.15pm

E: julieamersyoga@gmail.com

Summary: Yoga class.

Pregnancy Yoga

The Old School House
Morningside
Edinburgh EH10 4PX

Contact: Marcela de León Pérez

Opening Hours: Tuesdays 7:00 pm.

E: marcela@mamagiveslight.com

W: <https://mamagiveslight.com/yoga>

Summary: These Pregnancy Yoga and Birth Preparation classes provide a secure, intimate, comfortable and calm environment for each mother to connect with the growing baby and with their personal body. Create a special time for you to bond with your baby and a time for peace and calm for yourself every week as you prepare for birth and learn many useful ways to move and breathe by:

- Gentle stretching.
- Breathing techniques.
- Learn positions to help in labour.
- Enjoying a long and a good relaxation.

Click on the above links for more information and don't forget to bring a personal mat.

Please go to next section

Rise and shine Yoga

North Merchiston Club
48 Watson Crescent
Edinburgh EH11 1EP

Contact: Maggie Lighthouse

Opening Hours: Wednesday 9.30am-10.45am.

E: maggielighthouse@gmail.com

W: <https://www.northmerchiston.co.uk/services-9>

FB: <http://www.facebook.com/lighthouseyogacoaching>

Inst: <https://www.instagram.com/maggielighthouse/>

Summary: Start each day well with time and space for each person and leave feeling strong, peaceful, and bright!

This 75-minute class includes:

- Physical practice of gentle and dynamic flowing postures.
- Deep relaxation.
- Beautiful words.
- Energising breathing practices.
- Accessible meditation.
- Gorgeous music.
- Dreamy aromas.

Click on the above links for more information.

EH11 Yoga

Yoga

St Brides Community Centre
10 Orwell Terrace
Edinburgh EH11 2DZ

Opening Hours: Tuesday 6.15pm–7.45pm, Friday 10.00am–12.00pm.

Summary: Calm your mind, increase your concentration, and relieve stress and tension with beneficial powers of Yoga. Learn how to tone the muscles, acquire suppleness, stimulate the circulation and improve overall health. Mats and etc. provided. £50.00 Full / £40.00 Concession for a 10-week term.

Viniyoga Yoga

The Gorgie Memorial Hall
338 Gorgie Road
Edinburgh EH11 2QU

T: 0131 337 9098

Opening Hours: Wednesday: 7.30pm–9.00pm

E: cld-gorgiememorial@ea.edin.sch.uk

W: <https://gorgiemem.com/yoga/>

Summary: The approach in this Yoga class taught by an experienced instructor means Yoga for the individual. Practicing Yoga postures using breath with movement, breathing exercises and meditational movement. No need to book, just come along on the day!
£8.00 per session / £50.00 for 10 weeks.

Please go to the next section

Seated Yoga - B Healthy Together

St Davids Church
Broomhouse Crescent
Edinburgh EH11 3RL

Opening Hours: Thursdays 10.30am – 11.30am.

E: info@bhealthytogether.org.uk

W: <https://bhealthytogether.org.uk/>

FB: <https://www.facebook.com/bhealthytogether/>

Summary: It is important for people of all ages, shapes, sizes, and abilities to stay active for long term health benefit plus and this class works on meditation, breathing and gentle strength exercises to improve fitness and flexibility.

Click on the above links for more information and to pre-book a place.

EH13 Yoga: Seated

Chair Yoga

Edinburgh Leisure
Oxgangs Neighbourhood Centre
71 Firhill Drive
Edinburgh EH13 9EU

Opening Hours: Friday 10.45am.

W: <https://www.edinburghleisure.co.uk/activities/active-communities/ageing-well>

FB: <https://www.facebook.com/Oxgangsneighbourhoodcentreorg/>

Summary: Active people live longer and healthier lives. A chair-based exercise class is an easy and enjoyable way to keep active. Our qualified instructors will put you through your paces in a fun safe environment. No need to sign up, just come along and give it a try!

Chair Yoga

ECAS

Pentland Community Centre

Oxgangs Brae

Edinburgh EH13 9LS

T: 07500 221618

Opening Hours: Tuesdays 1.15pm-3.00pm

E: hello@ecas.scot

W: <https://www.ecas.scot/activities/yoga/>

Summary: Every Tuesday 'ECAS' Chair Yoga Group meet in-person at Pentland Community Centre, Oxgangs Brae, Edinburgh. This friendly and relaxed group is for people with a physical disability. Absolute beginners are very welcome.

Chair Yoga or Seated Yoga is a modified gentle version of regular yoga. It is an effective and accessible practice to help improve your health, strength, co-ordination and confidence.

There are currently places available and we would love to welcome you to the group.

All of our activities cost £2.30 per 2 hour session, new members are able to try an activity for two weeks for free. For those eligible, our grants can help pay activity fees and transport costs.

EH16 Yoga: Seated

Seated Yoga (Multi Media)

Cameron House Community Education Centre

34 Prestonfield Avenue

Edinburgh EH16 5EU

T: 0131 667 3762

Opening Hours: Monday 10.30am-11.30pm

E: cld-cameronhouse@ea.edin.sch.uk

W: <https://www.edinburgh.gov.uk/directory-record/1587281/cameron-house-community-education-centre>

Summary: Centre Membership required. There is a waiting list for this service.

Edinburgh Community Yoga

E: admin@edinburghcommunityyoga.co.uk

W: <https://edinburghcommunityyoga.co.uk/>

FB: <https://www.facebook.com/www.edinburghcommunityyoga.co.uk/>

Inst: <https://www.instagram.com/ecyoutreach/>

Summary: They are currently running [16 outreach](#) and [socially prescribed yoga projects](#) in the community offering yoga to approximately 350 people a month, many of whom have no access to a yoga studio. They also run a certified [mentoring programme](#). Our inclusive approach means their students ages range from 5-95 and represent a diverse demographic across gender, and ethnicity.

Alongside our outreach and community programmes they also run a comprehensive [workplace wellbeing](#) program offering solutions to work related pressure in high stress environments. They also offer mainstream [yoga classes](#) and run [training courses](#) and [modules](#) for yoga teachers interested in their trauma-informed approach.

Pilates Lower Intermediate with Bea Alexander Level 2

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 07495 071711 (Bea Alexander)
Opening Hours: Monday 5.00pm-6.00pm

E: classes@beaalexanderpilates.co.uk
W: <https://www.ericliddell.org/whats-on/>

Summary: Pilates Lower Intermediate with Bea Alexander, Robertson Suite Hybrid class: In-person.

EH10 Pilates

Pilates Higher Intermediate with Bea Alexander Level 4

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 07495 071711 (Bea Alexander)
Opening Hours: Monday 6.15pm–7.15pm

E: classes@beaalexanderpilates.co.uk
W: <https://www.ericliddell.org/whats-on/>

Summary: Level 4 – Pilates foam roller needed as well as the usual equipment. For further information, please email.

Pilates Advanced with Bea Alexander Level 4

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 07495 071711 (Bea Alexander)

Opening Hours: Monday 7.30pm–8.30pm.

E: classes@beaalexanderpilates.co.uk

W: <https://www.ericliddell.org/whats-on/>

Summary: Level 4 – Pilates foam roller needed as well as the usual equipment. For further information, please email.

EH10 Pilates

Pilates Plus Physio with Tessa Santer

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 07971 778962 (Tessa Santer)

Opening Hours: Monday 7.15pm–8.15pm.

E: classes@pilatesplusphysio.co.uk

W: <https://www.ericliddell.org/whats-on/>

Summary: Pilates Plus Physio.

Pilates Lower Intermediate with Katy Bromberg

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

Opening Hours: Thursday 6.30pm-7.30pm.

E: classes@bealexanderpilates.co.uk

W: <https://www.ericliddell.org/whats-on/>

Summary: Lower intermediate Pilates L2 class.

EH10 Pilates

Pilates Higher Intermediate with Katy Bromberg

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

Opening Hours: Thursday 7.45pm-8.45pm.

E: classes@bealexanderpilates.co.uk

W: <https://www.ericliddell.org/whats-on/>

Summary: Higher Intermediate Pilates L3 class.

Pilates Lower Intermediate with Bea Alexander Level 1 and 2

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

T: 07495 071711 (Bea Alexander)
Opening Hours: Thursday 5.30pm-6.30pm.

E: classes@bealexanderpilates.co.uk
W: <https://www.ericliddell.org/whats-on/>

Summary: General/Lower intermediate Pilates class.

EH10 Pilates

Beginners and Refreshers Pilates with Bea Alexander

Eric Liddell Centre
15 Morningside Road
Edinburgh EH10 4DP

Opening Hours: Thursday 6.45pm–7.45pm.

E: classes@bealexanderpilates.co.uk
W: <https://www.ericliddell.org/whats-on/>

Summary: Beginners and refreshers Pilates class.

Caretta Pilates - Cluny Hall

Morningside Parish Church
2 Cluny Gardens
Edinburgh EH10 6BQ

Opening Hours: Thursday 6.00pm-8.00pm.

E: carettaPilates@gmail.com

W: <https://www.carettapilates.com/>

Summary: Coretta Pilates classes caters for the complete beginner to someone who has been practicing Pilates for a while. All their classes are limited to a maximum of 12 people per session and are taught by a qualified Body Control Pilates teacher.

EH10 Pilates

Pilates - Cluny Hall - St Matthew Hall

Morningside Parish Church
2 Cluny Gardens
Edinburgh EH10 6BQ

T: 0131 447 1245 (Christiane Flapan)

Opening Hours: Friday 10.00am-11.00am.

Summary: Pilates class.

Pilates to the Core - Braid/Cluny Hall

Morningside Parish Church

2 Cluny Gardens

Edinburgh EH10 6BQ

T: 07941 569 253 (Jane Christie)

Opening Hours: Monday 9.00am–11.00am and Thursday 10.00am—12.00pm

E: jane@pilatestothecore.co.uk

Summary: Pilates class.

EH11 Pilates

Pilates

Carrickvale Community Education Centre

2 Saughton Mains Street

EH11 3HH

T: 07980 692 929 (For session details call Tom)

Opening Hours: Monday 6.00pm–9.00pm, Thursday 6.00pm–9.00pm.

E: party@thezumbaboys.co.uk

W: <https://carrickvalecommunitycentre.com/current-programme-2023/>

Summary: Pilates class.

Adult Pilates - Stephanie Bain

Cameron House Community Education Centre
34 Prestonfield Avenue
Edinburgh EH16 5EU

T: 07773 270780 (Stephanie Bain)

Opening Hours: Tuesday 11.00am-12.00pm (Over 50's) 12pm-1.00pm, 6.40pm-7.30pm.

E: steph.bain@btinternet.com

W: <https://www.edinburgh.gov.uk/directory-record/1587281/cameron-house-community-education-centre>

Summary: This relaxing but effective exercise class is held in a delightful studio with under floor central heating which is fabulous for warming and softening tense tight muscles and joints, whilst improving posture, flexibility and the “feel good factor” through functional movement.

Classes are small in size and friendly. See and feel the difference Pilates makes.

To book a class, please call or email the tutor direct.

EH16 Pilates

Adult Pilates - Marie Thomson

Cameron House Community Education Centre
34 Prestonfield Avenue
Edinburgh EH16 5EU

T: 0131 667 0725

Contact: Marie Thomson

Opening Hours: Wednesday 6.40pm–7.30pm

E: mariethomson@blueyonder.co.uk

W: <https://www.edinburgh.gov.uk/directory-record/1587281/cameron-house-community-education-centre>

Summary: To book a class, please click on the links above to call or email the tutor direct. This term's sessions are currently full, with a waiting list for future classes.