

*Supporting your health, mobility, and peace of mind*

Living with conditions such as arthritis, lupus, fibromyalgia or other rheumatologic disorders often brings challenges like pain, stiffness, fatigue, and reduced mobility. Alongside medical care, **yoga therapy provides a safe, evidence-based, and personalised approach to support your health and wellbeing.**

### What is Yoga Therapy?

Yoga Therapy goes beyond a traditional yoga class—it is a **one-to-one or small group approach** that adapts yoga practices specifically to your health needs and abilities. Sessions may include gentle **somatic movement, breathwork, meditation, and guided relaxation**. With the aim to give you an effective tool kit to help you manage the symptoms of your condition(s).

"Yoga therapy is the application of yoga practices to alleviate physical and mental health conditions, with the view of promoting self-care and encouraging overall well-being."

*– The Minded Institute*

### Benefits for Rheumatology Patients

- **Reduced joint pain & stiffness** through safe, restorative movement
- **Improved flexibility & mobility** with modifications tailored to your condition
- **Better sleep & energy levels** from breath and relaxation practices
- **Stress & fatigue management** to support daily function and mental health
- **Enhanced self-care & independence** for long-term wellbeing

Yoga Therapy is not a replacement for medical care, but rather a **complementary therapy**, increasingly recognised within the NHS and in “social prescribing” approaches.

### Vicky Glanville Watson – Infinite Harmony

A fully qualified **Yoga Therapist** (over 600 hours of clinical Yoga Therapy training plus 500 hours Yoga Teacher Training), experienced in working alongside healthcare providers. Vicky specialises in personalised practices that address mind, body, and spirit, empowering you to actively support your own health. Vicky has lived experience of chronic pain conditions and understands the impact this can have on you mentally, physically and emotionally.

### Next Steps

Begin with a **free introductory call** with **Vicky Glanville Watson** at *Infinite Harmony* to explore how yoga therapy could support your rheumatology care.

[Click here to book your call](#), call Vicky on 01256 910108 or email [vicky@infiniteharmony.co.uk](mailto:vicky@infiniteharmony.co.uk)

For more information about yoga therapy with Infinite Harmony please visit:

[www.infiniteharmony.co.uk/services/yoga-therapy](http://www.infiniteharmony.co.uk/services/yoga-therapy)