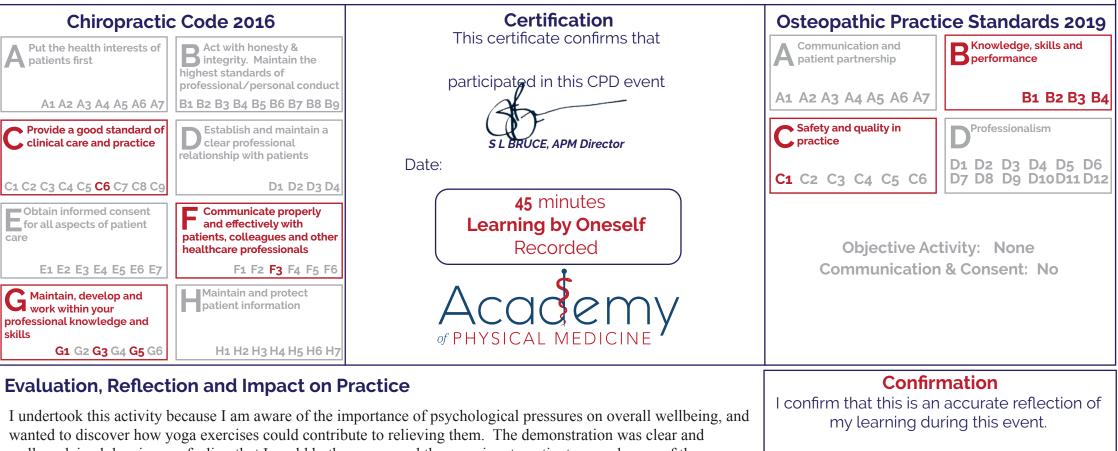
CPD EVENT RECORD YOGA-BASED PRACTICES

with Anji Gopal

Summary

This CPD took the form of a useful discussion and demonstration of simple, yoga-based techniques to help overcome the stresses and anxieties felt by many patients and practitioners. It was emphasised that there was no need for specialist training to recommend them to patients and that they were based on straightforward musculoskeletal principles. The evidence base for the exercises was also covered.



wanted to discover how yoga exercises could contribute to relieving them. The demonstration was clear and well-explained, leaving me feeling that I could both recommend the exercises to patients or make use of them myself. Either way, my practice would benefit!

Signed:

Recording:

Learning by Oneself