

## How Yoga/Movement Therapy helped me

“ I have had MS for 28 years and for 20 of these years I have taken part in Yoga. It does wonders for my mind, keeping me calm and focussed on positive things.

*It is surprisingly energising and I find that I can walk much better after a class. I really enjoy the classes at the Kent MS Therapy Centre; the instructor really understands MS so we're not expected to stand on one leg! The gentle stretching helps with muscle spasticity and I find the deep breathing techniques can be used in any stressful situation. It's also a great opportunity to share an enjoyable time with like-minded people.*

*The Centre provides all the Yoga equipment which is brilliant as it saves me having to carry things and the room we use in the new building is wonderful, it's so bright, fresh and airy.*

Steph , KMSTC Member



## About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand-new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

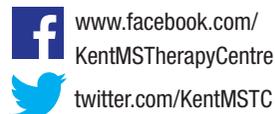
### Kent MS Therapy Centre

Bradbury House  
Merton Lane North  
Canterbury  
Kent CT4 7AZ

Phone: 01227 470876  
Email: [info@kentmstc.org](mailto:info@kentmstc.org)

Registered Charity No. 801382

[www.kentmstc.org](http://www.kentmstc.org)



## Yoga

[www.kentmstc.org](http://www.kentmstc.org)

### Alternative Movement Therapy



## What is Yoga?

Yoga has been developed over many thousands of years to promote good health and inner peace.

Combining gentle holistic activities, it is designed to maintain fitness, suppleness and muscle tone, strengthening the body's own self-healing powers.

It can also help with breathing, using meditation and visualisation to energise both body and mind: reducing stress, improving concentration, calming the mind and helping you relax and sleep more deeply.

These practices can afford strong protection against illnesses of all kinds.

## About the treatment

The Centre provides all the necessary equipment as well as qualified staff to administer and supervise as necessary.

Yoga uses a combination of physical postures, breathing exercises, relaxation and meditation to try and reach optimal physical and mental health.



## Exercise and MS

Studies have found improvements in the fatigue levels and quality of life in those people regularly taking part in exercise such as Yoga.

Yoga is uniquely able to assist people with MS. Its gentle holistic activities, and breathing and meditation techniques, improve and help maintain energy flow with minimal physical effort. Fitness and clarity of mind are improved. Some people also believe that the deep relaxation and strengthening of muscle control achieved through yoga can be extremely beneficial for those with MS.

Movement based therapies can have many benefits for those with MS, including reducing spasticity, improving flexibility, rediscovering residual muscle strength and an overall sense of well-being. In addition, it can work to counteract the consequences of a lack of movement: improving circulation, preventing stiff joints, improving digestion and bladder function, and reducing water accumulation in the legs.

