

I have been fortunate enough to benefit from Amy's Yoga classes since she began her training and I was a complete novice, never having attended a yoga class before.

I suffer from Ulcerative Colitis and therefore felt I could only benefit from learning techniques and practises promoted by yoga. I was pleasantly surprised how relaxed and destressed my yoga sessions left me feeling and I have managed to use some of the techniques that I have learnt to benefit me during various situations.

I recently underwent an investigative operation, which involved a camera and my colon! not a very pleasant experience especially without any form of anaesthetic. I used my breathing techniques along with visualisation to get me more comfortably through this situation, it helped me to remain calm and eased the pain and anxiety I felt at this time.

Amy also used me as a case study and as expected I was somewhat 'unbalanced' before the sessions! Amy focused on exercises, techniques and movements to attempt to improve my abdomen area, where I suffer from the colitis. This proved successful and the area

concerned was much improved after these sessions.

I certainly feel that Yoga has improved my ability to manage stressful situations and I am thankful to Amy for sharing her knowledge learnt so far with me.