

# CORK YOGA COURSE

The Irish ME Trust are facilitating a 6 week course on Yoga for people with ME. This course will begin on Tuesday 19th October at 2.00pm till 3.30pm. It will then continue each Tuesday for 6 weeks.

The full dates are therefore as follows:

Tuesday 19<sup>th</sup> October at 2.00pm;

Tuesday 26<sup>th</sup> October at 2.00pm

Tuesday 2<sup>nd</sup> November at 2.00pm;

Tuesday 9<sup>th</sup> November at 2.00pm

Tuesday 16<sup>th</sup> November at 2.00pm;

Tuesday 23<sup>rd</sup> November at 2.00pm

The venue is the Cork Movement Centre, 32/33 South Main St. Cork City ([Place Page](#)). The course teacher is Sarah Hipwell. The Cork Movement Centre is opposite the old Beamish Brewery, above the hair dresser 'Step aside'. Entrance on South Main Street. Parking is possible during the day in the Euro Car Park next door or the QPark on Grand Parade is just around the corner (5 mins).

## **The following is from Yoga teacher Sarah Hipwell:-**

### Why use yoga for M.E.?

Yoga is a method used for centuries in the Indian sub-continent. Literally translated it means to 'yoke' or 'bind'. It is a tool that allows the person to gain control of their being and the energy therein. Outside of India people generally think of yoga as postures that simply build physical strength, but it is far more than that. There are a variety of postures, some are very subtle, but also many breathing and relaxation techniques. Such techniques do not only work on a physical level, but also support and compliment on mental and emotional levels, thus facilitating balance in the whole system. Yoga has been used specifically for sufferers of M.E. for many years and there are numerous reported benefits.

Sarah Hipwell started yoga and meditation at school in the Channel Islands and has continued this path throughout her life. She has journeyed to many countries, to experience exciting cultures and teachings. Sarah's most influential teachers have been Lama Zopa, Thich Nhat Hanh, Swami Veda Bharati and Swami Ritavan.

She holds yoga qualifications from The British Wheel, The Life Centre, The Yoga Alliance, Birth Light and Sitaram. She has worked with a range of health professionals delivering treatment programmes for various conditions.

Sarah's yoga qualifications are complimented by an academic career culminating in a BA (hons) in Comparative Religions and a PGCE in Religious Studies. She has taught Hinduism and philosophy at college.