

# ADVENTURE CIRCUS - YOGA



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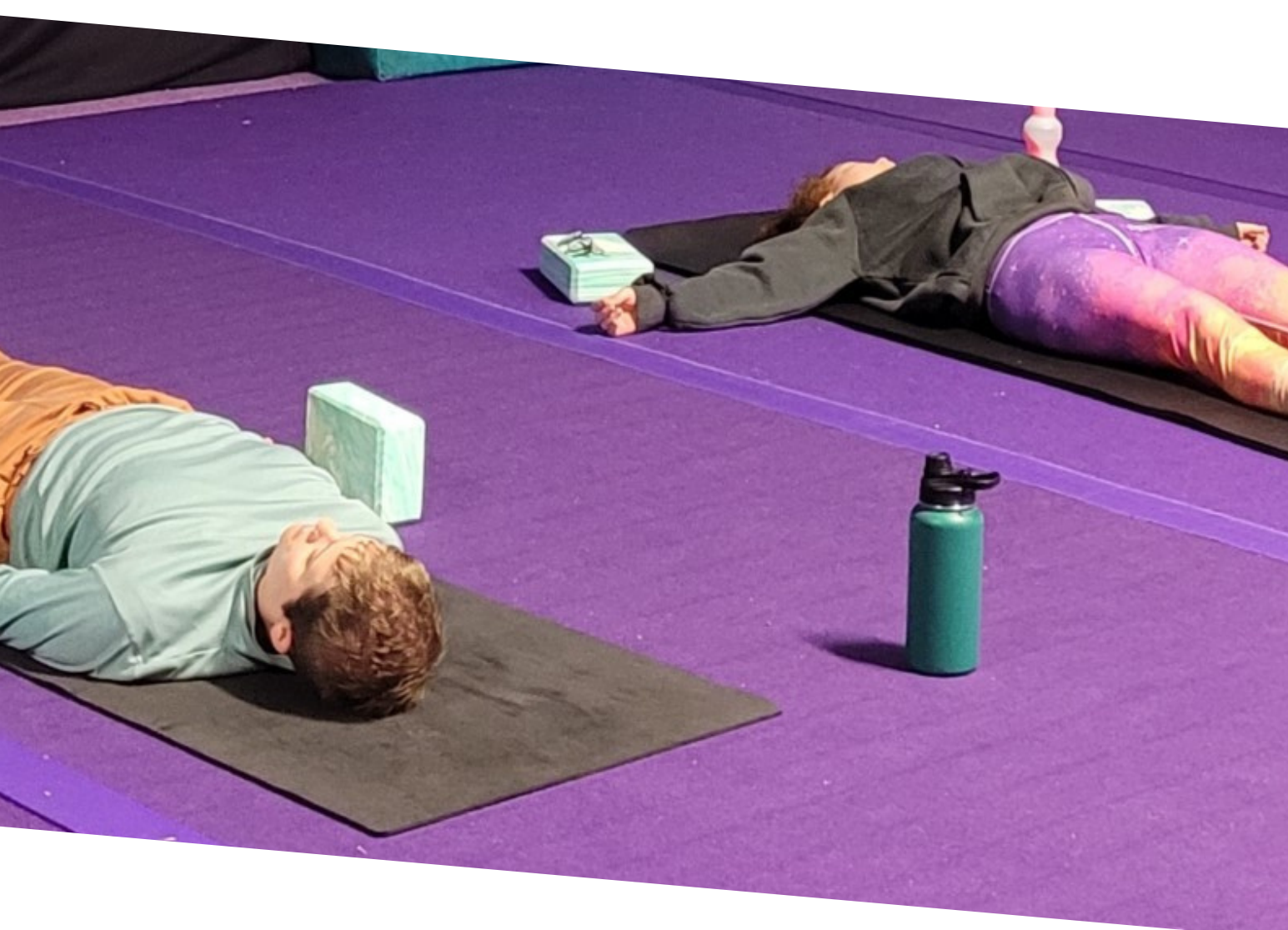
At the end of 2021, Adventure Circus carried out a mental health questionnaire with adult students. 57% of the respondents said they had a mental health disorder (39% anxiety, 31% depression, 29% stress). 88% of respondents stating that since starting circus, their mental health improved or improved a lot.

The project aim was to help further with providing low cost yoga sessions to aid relaxation and further improve mental wellbeing.



## Yoga used to aid mental health and wellbeing

- Weekly sessions held Sunday 7-8pm
- Pay what you can model ranging between free to attend and £2/£4/£6
- Yogic techniques included: mindful breathing, relaxation, and body scanning
- Classes to continue beyond funded period



## PROJECT SUCCESSES

Participants (10 regular attendees) were surveyed before starting yoga and then after 8 weeks. Participants reported that they had improvements across all areas which were: I feel relaxed, I sleep well, I can move easily, I can deal with negative feelings, I feel part of the Adventure Circus community, I am resilient.

"The relaxation part is hugely important to me. I feel like I have time for myself so I can relax and reflect. It has made me calmer as a result and more positive about myself. The class is differentiated really well so everyone can take part and enjoy. There is a lovely welcoming atmosphere" Yoga class participant

**SPORT FOR CHANGE INCLUSION THEME -MENTAL HEALTH PARTNER - BEE'LIEVE FITNESS**