Can Yoga Create Calm in People with Dementia?
Objectives

• To undertake a small scale qualitative study with people with dementia

• To run a 10 week seated yoga class, each yoga session being 40 minutes long incorporating movement, breathing exercises and visualisation.

• To create a CD – a recording of the routine including the music and verbal instructions for the participants to use at home

• To explore how participants found the experience through discussion groups, interviews, observations, questionnaires, emotional touch points and visual illustrations.
Emotional Touch Points

- Accepted
- Agitated
- Alone
- Angry
- Appreciated
- Ashamed
- At Ease
- Belittled
- Belonging
- Bewildered

- Happy
- Hopeful
- Irritated
- Judged
- Jumpy
- Labelled
- Light headed
- Lost
- Misunderstood
- On top of the world

- Encouraged
- Brave
- Calm
- Cared for
- Chattering mind
- Peaceful
- Powerless
- Safe
- Refreshed
- Relaxed
Creative Feedback

Before yoga class - how do you feel?

After yoga class - how do you feel?
The four key findings were:

• The experience of dementia
• The feeling of calm and wellbeing created from participating in the class
• The positive role of peer support
• The mixed benefits of the CD, those that used it found it worked well, others were not able to use it at home.
<table>
<thead>
<tr>
<th>Week 2</th>
<th>Card chosen before session</th>
<th>Card chosen after session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna</td>
<td>Light headed</td>
<td>Refreshed and at ease</td>
</tr>
<tr>
<td>Jenny</td>
<td>Fed up</td>
<td>Refreshed</td>
</tr>
<tr>
<td>Alan</td>
<td>Lost and powerless</td>
<td>Relaxed and encouraged</td>
</tr>
<tr>
<td>Trevor</td>
<td>Frustrated and sad (sometimes)</td>
<td>On top of the world</td>
</tr>
<tr>
<td>Jane</td>
<td>Empty and exhausted</td>
<td>Valued and happy</td>
</tr>
<tr>
<td>Margaret</td>
<td>Stressed and jumpy</td>
<td>Relaxed, comfortable</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Card chosen before session</th>
<th>Card chosen after session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna</td>
<td>Tired</td>
<td>Thankful and happy</td>
</tr>
<tr>
<td>Jenny</td>
<td>Fortunate, “I don’t come here to be negative I come to be stretchy and bendy”</td>
<td>Very very relaxed</td>
</tr>
<tr>
<td>Alan</td>
<td>Worried</td>
<td>Refreshed and thankful</td>
</tr>
<tr>
<td>Trevor</td>
<td>Calm</td>
<td>On top of the world</td>
</tr>
<tr>
<td>Jane</td>
<td>Fortunate</td>
<td>Totally at ease</td>
</tr>
<tr>
<td>Margaret</td>
<td>Pressured</td>
<td>Belonging and at ease</td>
</tr>
</tbody>
</table>
People with dementia face an uncertain journey, often underpinned by stress, worry and fear. They deserve every chance they can get to find ways of relieving tension and anxiety and yoga may be one way to achieve this.