

Yoga testimonial:

In November 2012 I suffered a large right hemispheric stroke subsequently to a car accident. Having had great experience with yoga before the accident I was impatient during my rehabilitation to take up yoga again.

I soon realised however I would need a special yoga instructor, with professional knowledge of neuro rehab, to assist me in retraining my body function to get back into independent yoga practice. Through my rehab centre I came across Margot Graham's details. Being a professionally trained occupational therapist with a passion for alternative therapeutic modalities and a trained yoga instructress, it seemed like a match in heaven.

I was soon surprised by Margot's gentle approach, from the first session I had with her, her comment was: "Ben I want you to have as close to normal relaxing yoga experience as possible, so try not to think of our sessions as therapy!", a approach to which I took immediately, using much of yoga's' meditative and age old wisdoms and principles of letting tension in both body and mind, she helped me to within a handful of sessions to let go of much of the anxiety, stress and tension that having a disability goes with – in doing so the spasticity of my affected side improved remarkably and I found that I felt and had more resilience to face the daily challenges of rehabilitating from a stroke, and so I was fortunate to find Margot the close to perfect marriage of scientific western medicine and the soulful wisdoms of the eastern traditions, allowing me to reintegrate not only my neurological function but maybe more importantly my mind/body.

My impression of Margot is that she is wise, one feels safe in her capable hands right from the outset. Thank you Margot!

Namaste -) Ben van Wyk