



**THE MOTORCYCLING YOGI**  
yoga for whoever you are



## **Meditation Case Study**

I am employed by Sam Birks, Activities and Volunteer Co-ordinator at Sunrise Senior Living in Solihull to work one-to-one with one of their residents. June is highly anxious; her worry manifests in shouting out and scratching her head to the point of bleeding. She also suffers from some memory impairment.

Meditation comes in many forms but I chose to use the visualisation method with June and with the elderly in general. This takes away the worry of whether they are doing it right and at the same time keeps their mind active as they have to imagine as they follow my voice.

What is of upmost importance for those who are anxious is to make them feel safe. I sit close to them so they know I am only an arm's length away. I use a technique that grounds and calms them which makes them feel reassured before we embark on any meditation.

I often cold mist diffuse certified pure therapeutic oils to support either their emotions or to match the theme of the meditation.

When I was first introduced to June, I was told by her carer that she would shout out during our session. As soon as I spoke to her and we started the meditation she went deep into relaxation. You can tell the difference between someone who is asleep and someone who is deep in meditation and June falls into the latter category. She totally gets it and it is wonderful to part of that.

June also suffers from some memory impairment and even though I only visit her once a month, she now remembers what time we should be having our session together. One day she said to me 'you are late', she was right about the time but I didn't have the heart to tell her that I had been waiting for her to finish her delayed breakfast; I was more excited that she remembered the time of our meditation class. On another occasion, June told her carer that I had drugged her following our session together. They explained to her that is what it feels like to be relaxed and that no medication had passed her lips!

The staff have reported that June's behaviour has much improved since doing meditation classes with me.