

The

shaw trust

Disability Power 100



## Vidyamala Burch OBE



Vidyamala had a serious injury to her spine which means she cannot move some parts of her body and has a lot of pain.



Vidyamala started looking at **mindfulness** to help her with her pain.

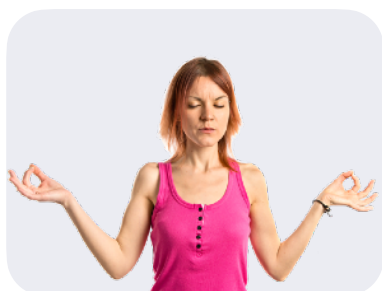
**Mindfulness** is a way of calming down our thoughts and feelings. It involves recognising how you are feeling and understanding it.

breathworks



She has now set up a mindfulness organisation called Breathworks.

Through Breathworks, Vidyamala has created the first programme for managing pain with mindfulness.



Breathworks teaches others about mindfulness and how they can use it to manage pain, stress and illness.



Vidyamala wants to make sure everyone can try mindfulness if they would like to. She has won awards for her work.



Website:

[www.vidyamala-burch.com](http://www.vidyamala-burch.com)

[www.breathworks-mindfulness.org.uk](http://www.breathworks-mindfulness.org.uk)



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