Vidhi Sodhi

About me:

Vidhi is founder of mi-yogaḥ; senior and experienced Yoga Therapist; Research assistant in the NHS conducting yoga therapy research; and In-Service Tutor for BWY. She is Complementary and Natural Health Council Profession Specific Board member for Yoga Therapy. She has authored articles in yoga and patient group magazines such as Diabetes Update, Om magazine, Holistic Therapist magazine, The Times of Malta on topics of yoga therapy such as yoga and anxiety, yoga and rheumatic conditions, yoga and back pain. She supported Central Middlesex Hospital (CMH) rheumatology patient group with patient driven audits resulting in experience with long-term inflammatory conditions and completed first in UK pilot study of Yoga Therapy (Y-TKM) in Rheumatoid Arthritis at CMH. This study abstract has been accepted for online publication at the European League for Rheumatology (EULAR), Royal College of Physicians, Innovation in Medicine eposters and also at the CAMSTRAND, a conference on complementary Therapy organised by University of Manchester. She delivers Y-TKM modular course at Imperial College School of Medicine 3rd Yr curriculum.

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She is regularly invited to offer workshops to yoga teacher trainees and other yoga teachers. She has recently also presented at the Royal Society of Medicine, Houses of Parliament as well as High Commission of India educating healthcare professionals, yoga teachers as well as general public on how yoga-therapy can help in management of Long-Term Conditions.

 She runs her private yoga therapy clinic from Mac Pain Management Clinic, Watford, and mi-yogaḥ clinic in Chiswick.