

Teacher Qualifications

Alison Trehwela IYA (UK) designed the course. Resources were co-authored with Anna Semlyen (BWY Dip). All 'Yoga for Healthy Lower Backs' teachers are highly-experienced professionals. They have qualified with a British Wheel of Yoga Diploma or Iyengar Yoga Certificate and have at least four years' post qualification experience. They have done an additional 4-months' of back care yoga specialist training.

York Teacher Contacts

(www.yogaforbacks.co.uk has full teacher list)

Anna SEMLYEN, BA Hons (Oxon), MSc York BWY Dip & Specialist Advisor on Back Care
01904 654355 / 07891 989310

anna@yogainyork.co.uk

www.yogainyork.co.uk

Private lessons: £40 p/hr £175 for 5 hrs

Courses - 6 weeks of 75 mins £100

Part 1 course – Sat 10am-11.15am 19 May – 30 June 2012 (not 16 June) 24 Grange St.

Ask for part 2 dates

Book with cheque: 24 Grange St, York YO10 4BH

Or ask to go on my mailing list

Jean LAVERS, BWY Dip DCT 01904 671695

Tuesdays 6.30pm – 8pm Park Grove Sch,
Classes are ongoing.

Courses are for up to 12 people. Gift Vouchers available. May be available under NHS or private health insurance schemes.

Which Yoga Postures?

Participants learn pain-relieving postures and how to heal and improve their health. Re-education and re-alignment of the body plus raised self-awareness are aims. Examples include standing, sitting, kneeling and lying down with stable comfort.



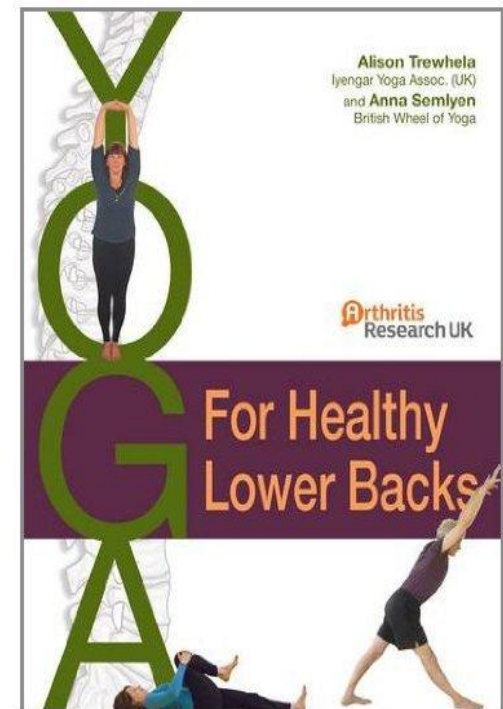
www.yogaforbacks.co.uk

website has: a 4 min video; published research details; access to educational resources ('Yoga for Healthy Lower Backs' Book and Relaxations CD); course content; lists of teachers and training plus info for health professionals. **Please subscribe to our free email newsletters.**



YOGA FOR HEALTHY LOWER BACKS

A large UK RCT trial proved this specialist yoga programme benefits those with chronic back pain. It works. It is cost effective. **Evidence Based classes**, the course book and relaxations CD are available in York



www.yogaforbacks.co.uk

Why Yoga for Lower Back Care?

Backache is common. Now there is an evidence-based way to improve back health and function. The 'Yoga for Healthy Lower Backs' programme is 30% better than usual care. It gently and progressively gets sufferers towards being more active again.

The University of York (York Trials Unit, Department of Health Sciences) ran one of the largest trials into yoga to date, funded by Arthritis Research UK. Teachers from the Iyengar Yoga Association (UK) and British Wheel of Yoga ran specialist group classes. The positive results were published in the *Annals of Internal Medicine* in Nov 2011.



Who Are Classes For?

This yoga was designed for people with chronic/recurring non-specific low back pain. Please ask your GP whether this gentle, specially-adapted course is appropriate.

Yoga Class Format

Courses comprise 12 x 75min classes, with a mid-course break. Gentle yoga poses require sitting on a chair, standing, kneeling or lying on the floor on a yoga mat. Props such as a yoga block, a blanket or belt are used to aid effectiveness and comfort. Learn life-long skills to improve mental and physical health.

How Does Yoga Compare to Other Treatments?

When compared with other quality research, the scientific results for this programme found yoga to be one of the most effective options available relative to other mainstream and complementary treatments. Lesson for lesson it is better than all other rigorously researched back health treatments. Yoga is often taught in groups and is therefore very cost-effective.

How Long Does Yoga Work?

'Yoga for Healthy Lower Backs' programme works both short- and long-term.

Participants are helped to bring postural improvements and mental focus into their daily lives and are motivated to practise at home. Benefits were found a year after starting yoga. 60% of the research trial's yoga group were still practising approx. 30 minutes twice a week at home 9 months after their 12-week course finished. It raised their long-term physical and mental health.

Workplace Yoga

Yoga reduces sick leave due to backache and stress. Employers can arrange a weekly class, for instance, at lunchtime or after work.



Our Relaxations CD

Relaxation is a wonderful tonic to...

- * Relieve pain, relax the body, calm the mind
- * Bring clarity and emotional stability
- * Enhance energy and mood
- * Lift depression (especially after active yoga)
- * Boost immunity and increase productivity

"What a treat. It really makes a difference to how I feel in my body and my mind."

This digitally-recorded CD comprises four spoken relaxations of 12-16 mins. Simply choose a track and listen to the guided relaxations whilst resting on your back. This CD is integral to this yoga programme proven to improve back health.

The 'Yoga for Healthy Lower Backs- Relaxations CD' is easy to use and can be found at www.yogaforbacks.co.uk.

