

Teacher Qualifications

All 'Yoga for Healthy Lower Backs' teachers are highly-experienced yoga teaching professionals with thorough additional back-care yoga specialist training carried out over a minimum of 6 months. The majority have qualified with the British Wheel of Yoga or in Iyengar Yoga.

(Alison Trewella designed the yoga programme and co-authored the resources with Anna Semlyen.)

Full YHLB-qualified teachers list on

www.yogaforbacks.co.uk

Local Teacher(s) Contact Details:-

Name

Tel

Email

Web

Name

Tel

Email

Web

Name

Tel

Email

Web

- 12-week courses are for groups of up to 15 people. Lessons can be taught privately.

- Classes may be available under NHS or private health insurance schemes.

-We can arrange for a team of teachers to provide this yoga under contract.

Which Yoga Postures?

Participants learn yoga for pain-relief, healing and improvement of their back health for now and the future. Aims are re-education and re-alignment of the body plus raised self-awareness. Poses include standing, sitting, kneeling and lying down with stable comfort.



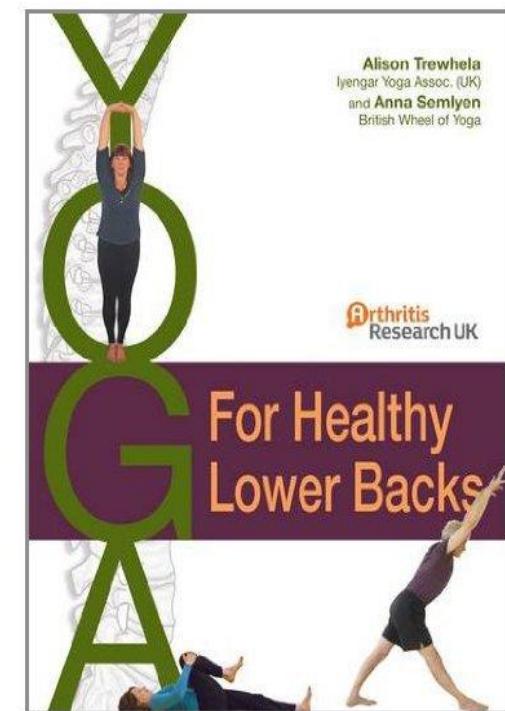
www.yogaforbacks.co.uk

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



YOGA FOR HEALTHY LOWER BACKS

The specialist yoga programme proven to help relieve chronic low back pain - Evidence-based yoga classes, book and relaxations CD used in large UK RCT trial available now.



www.yogaforbacks.co.uk

Why 'Yoga for Healthy Lower Backs'?

Backache is a common problem. 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 aims to gently and progressively get sufferers back to being more active again.

The University of York (Department of Health Sciences) ran one of the largest research studies into yoga to date, funded by Arthritis Research UK. Teachers from the Iyengar Yoga Association (UK) and British Wheel of Yoga designed and ran specialist group classes in five areas of the UK for chronic back pain. The positive results were published in the **Annals of Internal Medicine** in 2011. The Cost Evaluation in **Spine journal** showed that this yoga would be cost-effective for the NHS.



Who Are Classes For?

This yoga was designed for people who have non-specific, chronic/recurring low back pain. No need to wait until the next back pain episode – begin soon. Learn life-long skills to improve mental and physical health. Ask your GP whether this gentle, evidence-based, specially-adapted yoga course is appropriate for you.

Yoga Class Format

The **12 x 75 minute class course** comprises of easy foundational yoga poses. Props such as a yoga block, blanket or belt are used to aid effectiveness and comfort.

How Does This Yoga Compare to Other Treatments?

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 mostly 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. Benefits were still found a year after starting yoga. 9 months after their 12-week course finished, the majority of the research trial's yoga group were practicing approx. 30 minutes twice a week at home.

Workplace Yoga

Yoga reduces sick leave due to backache and stress. Our research showed absenteeism reduced by approx 70% over a year (8.5 days) from this **single 12-week course**. Employers can arrange classes at lunchtime or after work.



Our Relaxations CD Used in Research

Relaxation is a wonderful tonic to...

- * Relieve pain, relax the body, calm the mind
 - * Bring mental 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 unique, digitally-recorded CD comprises four spoken relaxations of 12-16 mins. Simply choose a track, rest on your back and be guided by the voices of experienced yoga teachers. The CD is integral to this yoga programme proven to improve back health. (Track 1 is specific to backs and the others are general.)

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

The image shows the cover of the 'Yoga for Healthy Lower Backs - Relaxations' CD. The cover is green with white text. At the top, it says 'YOGA FOR HEALTHY LOWER BACKS - RELAXATIONS'. Below that, it says 'By Alison Trewella IYA (UK) and Anna Semlyen BWY Dip'. In the center, there is a photograph of a person lying on their back on a mat, using a chair as a prop for a stretching exercise. To the right of the photo is a stylized red illustration of a human spine. At the bottom left, it says 'Funded by' and 'Arthritis Research UK'. At the bottom right, it says 'Produced and used in research by' and 'THE UNIVERSITY of York The Department of Health Sciences'.