

How to Book Onto a YHLB Course?

All 'YOGA for Healthy Lower Backs' teachers are highly-experienced yoga teaching professionals with additional, thorough, back-care yoga specialist training carried out over a minimum of 6 months.

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

YHLB-Qualified Teachers List on www.yogaforbacks.co.uk 'Find a Teacher' Page

Local Teacher(s) Contact Details:-

Name
Tel
Email
Web

Name
Tel
Email
Web

Name
Tel
Email
Web

- 12-week courses are usually taught in groups of 2-12 people, but can begin with individual lessons.

- Classes may be available under NHS / Councils / private health insurance.

-We can arrange for a team of teachers to provide this yoga under contract.
Contact: info.YHLB@gmail.com

Which Yoga Posture?

Participants learn yoga for pain-relief, good posture 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 and relaxation. Poses include standing, sitting, kneeling and lying down with stable comfort.



www.yogaforbacks.co.uk

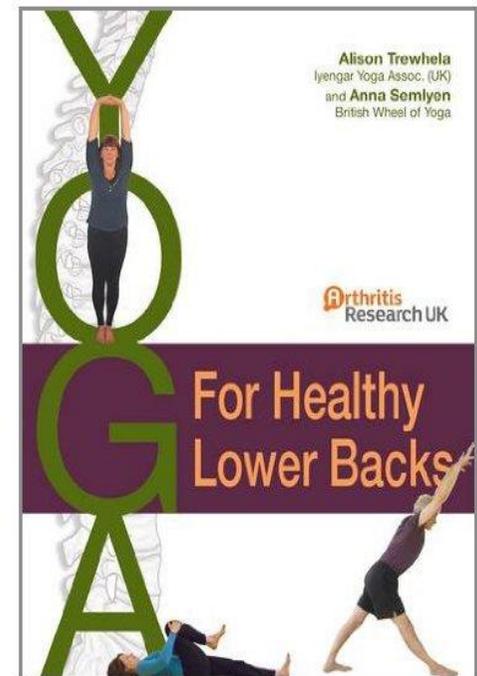
Website has: a 4 min video; published effectiveness and cost-effectiveness research details; access to educational resources ('YOGA for Healthy Lower Backs' Book and Relaxations CD); course content; lists of teachers; training opportunities; info for health professionals. **Please subscribe to our free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



YOGA for Healthy Lower Backs

Specialised Evidence-based 12-week Course – Arthritis Research UK / University of York.

*Gentle *Effective *Enjoyable
*Quality *Small Group Classes
*Unique *Specific *Individualised
*Beginner-friendly *Cost-effective
*Teaches and Motivates Health & Wellbeing Promotional Self-management
Research Book & Relaxations CD.



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Why 'YOGA for Healthy Lower Backs'?

Backache is a common problem. Now there is an innovative evidence-based way to improve back health and function. The 'Yoga for Healthy Lower Backs' programme aims to gently and progressively help sufferers get back to being more active again.

The University of York (Department of Health Sciences) ran one of the largest yoga research studies (RCT), funded by **Arthritis Research UK**. Teachers from **IYA(UK)** and **British Wheel of Yoga** designed and ran specialised classes in five areas of the UK for chronic back pain. The positive results showing it to be safe and effective were published in the **Annals of Internal Medicine** in 2011. The Cost-Effectiveness Evaluation in the Journal **Spine** (2012) proved it cost-effective for both the NHS and society.



Who Are Classes For?

This yoga is designed for people who have non-specific episodic/recurring low back pain. There is no need to wait until the next back pain episode – start now. 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 easy foundational yoga poses. Props such as a yoga block, blanket or belt are used to aid effectiveness and ensure absolute comfort.

How Does This Yoga Compare to Other Treatments?

Compared with other quality research, scientific results for this programme found YHLB yoga to be one of the most effective options available, relative to other mainstream and complementary treatments. Expect to pay more than for general classes because it is specialized and taught in a smaller groups, but with its educational single course, YHLB is **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 practising approx. 30 minutes twice a week at home. Enjoy helping yourself as others have learnt to.

Workplace Yoga

Yoga reduces sick leave due to backache and stress. Our research showed absenteeism reduced by approx 70% over a year from this **single 12-week course**. Employers can subsidize YHLB or allow time off work for improvement of your health and wellbeing.



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

