

## How to Book Onto a 12-Week Course

'YOGA for Healthy Lower Backs' teachers are highly-experienced yoga teaching professionals with additional, thorough, back-care yoga specialist training. Please contact teachers to pre-register and to be put on a course Wait-List.

(Alison Trehwela designed the yoga programme after much consultation, experience and study and co-authored the resources with Anna Semlyen.)

Yoga for Healthy Lower Backs  
Institute Teacher Register on  
[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk) -  
'Find a Teacher' Page.

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

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

-We may be able to link you up with an individual or a team of teachers who can provide this yoga.

Contact: [info.YHLB@gmail.com](mailto:info.YHLB@gmail.com)

## Which Yoga Postures?

Participants learn simple, gentle yoga, targeting back comfort, 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 lying down, standing, kneeling and sitting with stable comfort.



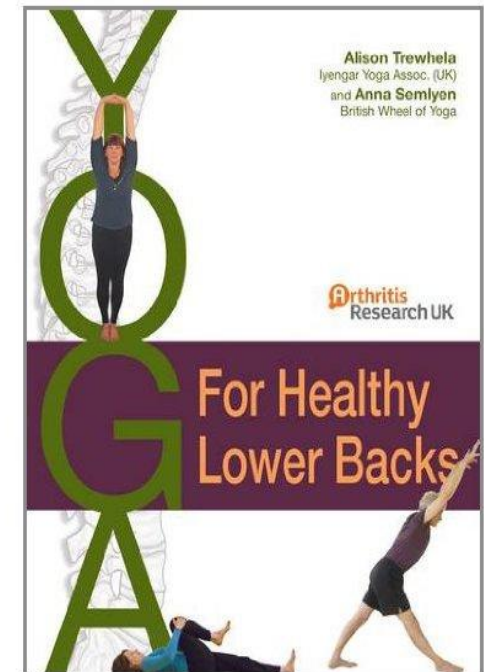
[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk)

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; Register of Teachers; training opportunities; info for health professionals. Please subscribe to our free email newsletter.



# YOGA for Healthy Lower Backs

Specialised 12-week Course  
Evidence-based - Arthritis Research UK /  
University of York Research  
\*Gentle \*Effective \*Enjoyable  
\*Quality \*Small Group Classes  
\*Unique \*Specific \*Individualised  
\*Beginner-friendly \*Cost-effective  
\*Teaches and Motivates  
Health & Wellbeing Promotional  
Self-management  
Research Book



[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk)

Back discomfort 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, gently and progressively, aims to help people **get back to being more active again**.

### The Research that Used this Specific Yoga

**The University of York (Department of Health Sciences)** ran one of the largest yoga research studies, funded by **Arthritis Research UK**. Teachers from **IYA(UK)** and **British Wheel of Yoga** designed and ran specialised 12-week courses in five areas of the UK. The positive results showing it to be safe and effective were published in the **Annals of Internal Medicine**

('Yoga for Chronic Low Back Pain: A Randomized Trial' H. Tilbrook, 2011). The Cost Evaluation in the Journal **Spine** (LH Chuang, 2012) showed it to be **cost-effective for the NHS**, society and the workplace. A social enterprise has been set up to allow more people to benefit

from the same yoga programme used in this randomised controlled trial.

### Learn Self-Management Skills

**Learn life-long skills** to improve health. Ask your GP whether this gentle, evidence-based, specially-modified yoga course is appropriate for you. Enjoy helping yourself with this **yoga 'toolkit'**, as many others have.

### 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.



### Why 'YOGA for Healthy Lower Backs?'

**You know exactly what you will get** – the same yoga, taught in the same way, according to the same educational materials, as in the research itself. No need to wait until your next back episode recurs, before starting the course.

The course is designed to give you **long-term benefits**. You will be taught to bring **postural improvements, mental focus** and **relaxation techniques** into your **daily life**. In the research, benefits were still found a year after starting the yoga. Nine months after their 12-week course had finished, the majority of the research trial's yoga group were still **practising yoga at home** approx. 30 minutes twice a week.

Expect to pay more for these **therapeutic** classes than for general yoga classes because they are taught in smaller groups, but with its **educational, single course, self-management** approach, 'Yoga for Healthy Lower Backs' is considered to be **cost-effective**.

### Workplace Yoga

Yoga can reduce absenteeism. Our research showed **days off work reduced by approx 70% over a year** from this **single 12-week course**. Employers can subsidize these courses or allow time off work to attend for improvement of your health and wellbeing. This **holistic course** is designed to address **stress-management**, an **increase in physical activity**, and other positive outcomes additional to lower back health.



### Relaxations CD Used in This Research



This unique audio CD consists of four spoken relaxations of 12-16 minutes guided by the voices of experienced yoga teachers. The CD, which aims to relax the body and calm the mind, is an integral part of this yoga programme. Track 1 was compiled specifically to aid back comfort, whereas the others are more general relaxation practices.

[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk)

