

## Booking onto 12-Week Course?

Please contact **YHLB** UK-wide teachers to book or be put on Wait-List.

'**YOGA for Healthy Lower Backs**' teachers are self-employed, highly-experienced yoga teachers with additional, specialised back-care yoga training.

**YHLB training** is approved by national yoga governing body for 'Sport England' and 'Sports & Recreation Alliance' 'British Wheel of Yoga' as a **Recognized Centre**.

Double national award winner **Alison Trehwela** designed the yoga programme, after much consultation, experience and study, co-authored the resources with **Anna Semlyen**, and trains teachers in **YHLB**.

YHLB Register of Teachers at  
[www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk)  
Find a Teacher page (Search)



- 12-class courses taught over 3-5 months in groups of 2-12 people. (Can occasionally begin with individual lessons.)

- May be available under NHS / Councils / private health insurance / workplace / social prescribing initiatives.

- Supported by **Versus Arthritis** (formerly Arthritis Research UK)

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

Contact: [YHLBYoga@gmail.com](mailto:YHLBYoga@gmail.com)

## Which Yoga Postures?

**YHLB** course attendees learn to incorporate gentle, basic yoga and **de-stressing techniques within their daily lives**. Thereby, they improve **postural awareness, breathing, mindfulness, pain-relief and relaxation skills** and benefit from health improvements for now and the future.

The poses include **relaxing, stretching and strengthening** in lying, standing and sitting positions. Props (e.g. yoga block, blanket or belt) are used to aid effectiveness and ensure **absolute comfort**.



Please hand on this leaflet to others.

**Social Enterprise Website: 4-min. video**; 5 published research papers; NHS case studies; educational resources (**YHLB Resources Pack** = Book, practice sheets, hand-outs, 4-track Relaxations Album, +); **Teachers' Register**; teacher training opportunities; info for health professionals.

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

# YOGA for Healthy Lower Backs

Empowering People to Improve their Long-term Comfort, Health & Well-being

## Specialised 12-week Course

Evidence-based - Arthritis Research UK / University of York Research

YOGA  
for  
Healthy  
Lower  
Backs



- \*Gentle \*Enjoyable
- \*Effective \*Quality
- \*Small Group Classes
- \*Unique \*Specific
- \*Individualised
- \*Beginner-friendly \*Cost-effective

Mind-Body Health

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

**"Life without back pain enables life to be lived."**

Now there is an evidence-based and recommended **mind-body** approach to improve back health and function. The **'Yoga for Healthy Lower Backs' (YHLB)** programme, gently and progressively, aims to help people **get back to being more active.**

### 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 British Wheel of Yoga and IYA(UK) 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 paper in **Spine Journal** (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 **YHLB** programme used in this randomised control trial.

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### YHLB Life-Long Tool-Kit

**Education and motivation** to improve comfort, health and well-being. GPs are signposting to this gentle, evidence-based, specially-modified yoga course. **Enjoy helping yourself** with these self-management skills, as many others have.

### YHLB Yoga Class Format

The **12 x 75-minute weekly class course** comprises easy foundational yoga poses with weekly themes.

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

**You know exactly what you will get** – the same yoga techniques, taught in the same way, according to the same educational materials, as in the research itself, but with **individualized advice and support.**

**YHLB** is designed to give you **long-term benefits.** You will be taught to bring **postural improvements, mental focus and relaxation and breathing techniques** into your **daily life.**

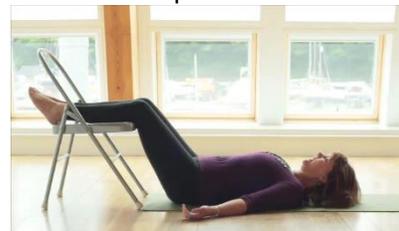
**"Life-changing experience after years of frustration."**

**A year after** the research group began **YHLB** yoga, they were **still experiencing benefits** and the majority were still **practising yoga at home** for approx. 30 minutes twice a week.

### Cost-Effective

**This single course, educational, self-management approach, is cost-effective.** Expect to pay more for these **specialised therapeutic small group classes** compared to general yoga classes. No need to wait until your next back episode, before starting – begin now.

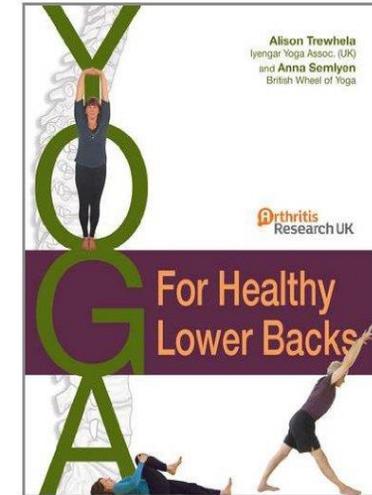
**Public Health England** lists this specific yoga programme in their 2017 'PHE MSK Return on Investment tool and report'.



**You CAN help yourself!**

### YHLB Resources Pack

For access onto a **YHLB** 12-week Course, **you need to get your Resources Pack from our not-for-profit social enterprise** before you begin. This Pack, with the 12 classes, helps you to help yourself forever.

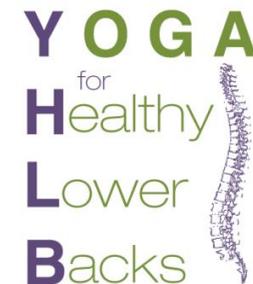


### Workplace

Research showed **days off work reduced by 70% over a year** from this **single 12-week course.**

Employers gain by subsidising **YHLB** courses or allowing time off work to attend. **Holistic course** designed to improve **stress-management** and other **positive health and well-being outcomes.**

**"I now know what to do."**



**www.yogaforbacks.co.uk**