

## How to Book a 12-Week Course

Please contact YHLB teachers to be put on a Wait-List and to pre-register.

'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 Trehela** designed the yoga programme, after much consultation, experience and study, and co-authored the resources with **Anna Semlyen**.

YHLB Register of Teachers on

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



- 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 team of teachers who can provide this yoga.

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

## Which Yoga Postures?

Participants learn gentle, simple 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. Props (e.g. yoga block, blanket or belt) are used to aid effectiveness and ensure absolute comfort. Poses include lying, standing, kneeling and sitting with stable comfort.



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

**Website:- 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 hand this leaflet on.**



YOGA  
for  
Healthy  
Lower  
Backs

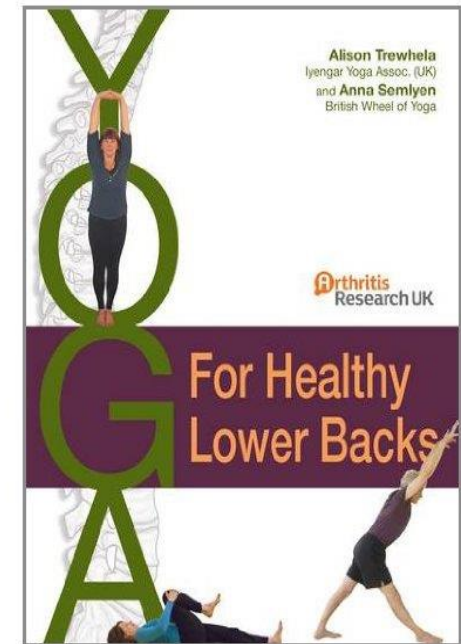
# YOGA for Healthy Lower Backs

## 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, CD, Handouts



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

*“Life without back pain enables life to be lived.”*

Back discomfort is common. 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 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 YHLB programme used in this randomised control trial.

## Learn Self-Management Skills

**Learn life-long skills** to improve comfort, health and well-being. 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 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.

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 yoga, they were still experiencing benefits and the majority were still **practising yoga at home** for 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 it is **cost-effective**. No need to wait until your next back episode, before starting this course.

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

## Workplace Yoga

Yoga can reduce absenteeism. Research showed days off work **reduced by 70% over a year** from this **single 12-week course**. Employers gain by subsidising courses or allowing time off work to attend. This **holistic course** is designed to improve **stress-management** and other **positive health and wellbeing outcomes**. *“I now know what to do.”*




## Relaxations Used in This Research



**Audio Tracks** 4 spoken 12-16 minute relaxations, guided by experienced yoga teacher voices. Aims to relax the body and calm the mind and is an integral part of YHLB. Track 1 was compiled specifically to aid back comfort; the others are more general relaxation practices.

**YOGA**  
for  
**Healthy**  
**Lower**  
**Backs**



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