

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 Trehwela** 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 -



- 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

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

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

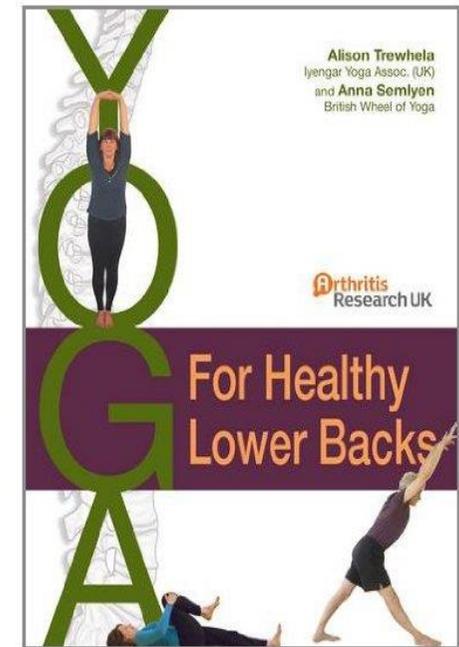
YOGA for Healthy Lower Backs

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

“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