

YogaBack by YogaFit®

Overview

More than 80% of the population will experience significant back pain at some point during their life. Many people end up having only a few episodes of back pain while others will have it progress to a chronic condition. Back pain affects men and women equally. It can occur at any age, but most frequently between ages 25 and 60.

Back pain is the cause of more lost days of work than anything except the common cold.

Lower back pain is probably the most common back pain, and a big contributor is stress. Stress and anxiety create stored tension in the body resulting in weakness, exhaustion, illness or chronic pain.

Acute and chronic back pain reflects the disharmonies in our sedentary Western lifestyle. Maintaining good posture and regular exercise can help to greatly reduce lower back problems. For many people, muscle imbalance is the cumulative effect of poor body awareness and bad posture. People also tend to push their bodies too far, overstraining and overreaching, or they don't push enough, never getting enough exercise and spending too much time in the same sedentary positions.

Yoga is a useful tool for dealing with back problems. It teaches us to breathe more deeply, to consciously connect with our body and deepen our awareness. Yoga helps us release physical and mental tension.

Yoga as Prevention

Yoga is an ideal tool for back pain prevention. Overall prevention of pain is impossible, but yoga can greatly reduce the frequency, severity, and duration of episodes.

The study of yoga is based on 5,000 years of observances and theories involving the mind-body connection. A regular yoga practice deepens our mind-body connection which enables us to heal both emotionally and physically as we create a state of well-being. Maintaining a regular yoga practice over time helps create energy flow as well as bring balance to the circulatory, respiratory, nervous, digestive, reproductive and excretory system. Modern science and medicine are proving that making this mind-body

When you listen to your body when it whispers, you don't have to hear it scream.

~Author Unknown

connection is essential to effectively healing and balancing all the systems of the body as well as the mind. Yoga's primary intention is to quiet the mind and restore the body.

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Class Format:	
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Valley I:	
Mountain II:	
Valley II:	
Mountain III:	

