

Class Outline

Stretch for a Healthy Back

Sun City West Yoga Club

Class Introduction

Yoga is often recommended to treat not only back pain but the stress that accompanies it. The appropriate poses can relax and strengthen your body.

Back pain is very common and can stem from a variety of causes. While some are relatively simple (such as a muscle strain from an overzealous workout or even excessive sitting), others can be quite complex (such as a compressed nerve caused by a herniated disc, spinal narrowing, or vertebral slippage).

The bottom line is that, regardless of the underlying cause, your back hurts. And, when the pain flairs, it's understandable that you want to find relief – fast. Stretch for a Healthy Back can be an instrumental tool in helping to ease back pain. There are many yoga poses for back pain that can assist in alleviating and soothing even the worst of pains.

Targeted Level

- | | |
|--|--|
| <input checked="" type="checkbox"/> All Levels | <input type="checkbox"/> Novice |
| <input type="checkbox"/> Beginner | <input type="checkbox"/> Beginner / Intermediate |
| <input type="checkbox"/> Intermediate | <input type="checkbox"/> Intermediate / Advanced |
| <input type="checkbox"/> Advanced | <input type="checkbox"/> Other (describe) |

Student Prerequisites

- You must be able to comfortably get up from, and down to, the floor unassisted.
- Wear comfortable clothing that allows you to stretch and bend.
- Equipment: Edit or delete as appropriate
 - A yoga mat (not a Pilates mat).
 - Optionally, 1 or 2 blocks (4"x6"x9" recommended); a yoga blanket; a yoga strap. You may find these props help your practice progress and may be acquired over time.
 - Other yoga accessories or props (e.g., knee pads, yoga socks, bolster, etc.) as you desire.

Topics Covered in this Class

What you'll learn:

- How to drastically reduce, or even eliminate, lower back pain.
- How to improve strength while crafting a leaner, more powerful body.
- How to identify and eliminate pain triggers, including common yoga poses that are directly contraindicated for back pain.
- Learn the right exercises that help you regain and maintain back health.

- Discover how to manage chronic low back pain
- Develop greater flexibility and ease of movement
- Strengthen muscles so they engage and support

Classroom Methodology

Yoga is practiced in bare feet or special yoga socks; shoes are not allowed. The instructor will guide the class through a series of poses with transitional poses in between. Resting poses will be incorporated in these flows. Options and modifications for each pose will be presented when they are available for those looking for less, or more, challenge.

The instructor will use a hands-on approach, lightly touching a participant to help achieve the proper pose alignment for maximum benefit and to prevent injury. Modifications to poses will be suggested by the instructor to accommodate those with injuries or other physical limitations.

Upon the completion of each class participants should feel stretched, stronger, more flexible, and more confident than when they entered the studio.