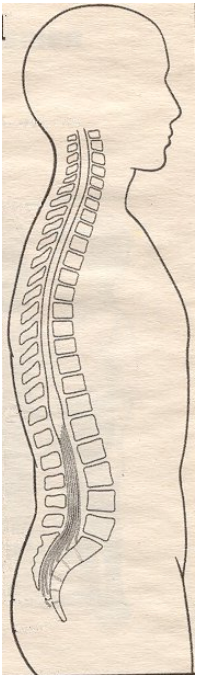




Light of the Heart
Yoga™

Yoga for Your Back



Yoga May Help Ease Aching Back. A recent study suggests that yoga may be more likely to improve back function, ease chronic pain, and reduce the need for pain medication than conventional exercise or reading a self-care book.

Researchers say that yoga may be superior to other forms of exercise. “Yoga may be beneficial for back pain because it involves physical movement, but it may also exert benefits through its effects on mental focus.” This focus can help patients “increase their awareness of how they had been moving and positioning their body in maladaptive ways, to relax tense muscles, and to relieve mental stress.”

The authors add that doctors should encourage their patients to **find yoga instructors who are knowledgeable about low back pain.**

(Study appears in the Dec. 20, 2005 issue of the *Annals of Internal Medicine*)

Svaroopa Yoga excels in reliably releasing tension in the muscles at the core of the body along the spine beginning at the tailbone. This release has a soothing and beneficial effect into all areas of the body, including a relaxing effect on the mind. Svaroopa yoga unravels the tensions hidden deep in your spine which you may experience as chronic neck pain, limited range of movement, shoulder issues, low back pain or discomfort, numbness or tingling in extremities, general muscle tightness, poor posture, chronic headaches, TMJ, aches in legs or joints, etc.

The approach in **Yoga for Your Back** is gentle and designed to give each student personal attention. This course will help you develop your mind-body connection to alleviate your pain or discomfort. Each class will help you cultivate the experience of **being more at ease in your body.** This style of hatha yoga works with yoga poses and yoga breathing in a way that is both precise and compassionate.

With Senior Teacher, Addie Alex, RYT, CSYT
508-380-6903 or www.lightoftheheart yoga.com