

# Cathy Hall

## Back to Health: Yoga for Back Pain

**(6) Mondays**

**September 25 - October 30, 2017**

**7:00-8:15 pm**

**\$125 by Monday, September 18;**

**\$140 thereafter**

*\*4.5% fee added for credit card payments.*



**CHRONIC BACK PAIN** is one of the most common health issues facing people today. Around 80 percent of adults can expect to experience it at some point in their life. For those struggling to roll themselves out of bed in the morning or to bend over to tie their shoes, the problem seems incurable, despite pain medication and exercise. However, new research finds that yoga designed specifically for back pain can be as safe and effective as physical therapy in easing pain.

This 6 week class series is a specialized, evidence based yoga course designed to give those with chronic or recurring back pain a toolkit to improve and maintain a healthy back for life. The yoga protocol was developed by researchers at Boston Medical Center with input from yoga teachers, doctors and physical therapists and used in a randomized, controlled trial to compare yoga, physical therapy and education for chronic back pain. At the end of the study, researchers found that this yoga course, that focuses on gentle yoga poses and relaxation, is just as effective as physical therapy in helping to deal with back pain.

This course is comprised of easy, foundational yoga poses and is designed for beginner yoga students that have had a recent physical checkup and have their personal physician's permission to engage in yoga classes.

Learn more about the Back To Health study comparing yoga, physical therapy and education: <http://www.bumc.bu.edu/integrativemed/back-to-health/>



**CATHY HALL, 500-CYT**, teaches yoga with an emphasis on alignment. She has been practicing yoga since 1999 and has been teaching since 2015. Cathy studies with Lori Gaspar, Linda Troutman and Marinda Stopworth at Prairie Yoga where she received her 200 Hour and 500 Hour teacher training certificates. Cathy has taken various workshops with national yoga teachers such as Tias Little, Baxter Bell, Jules Mitchell and Julie Gudmestad. She recently retired as a corporate manager after a 31 year career and feels yoga has improved her golf game.

# Cathy Hall

## Back to Health: Yoga for Back Pain

### (6) Mondays

**September 25 - October 30, 2017**

**7:00-8:15 pm**

**\$125 by Monday, September 18; \$140 thereafter**

*\*4.5% fee added for credit card payments.*

### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$125 by Monday, September 18, 2017;** \_\_\_\_\_ \$140 thereafter

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



**PRAIRIE YOGA** / ALIGN YOURSELF

4701 Auvergne Avenue, Suite 104, Lisle, IL 60532

(630) 968-3216 prairieryoga@comcast.net

www.prairieriyoga.org