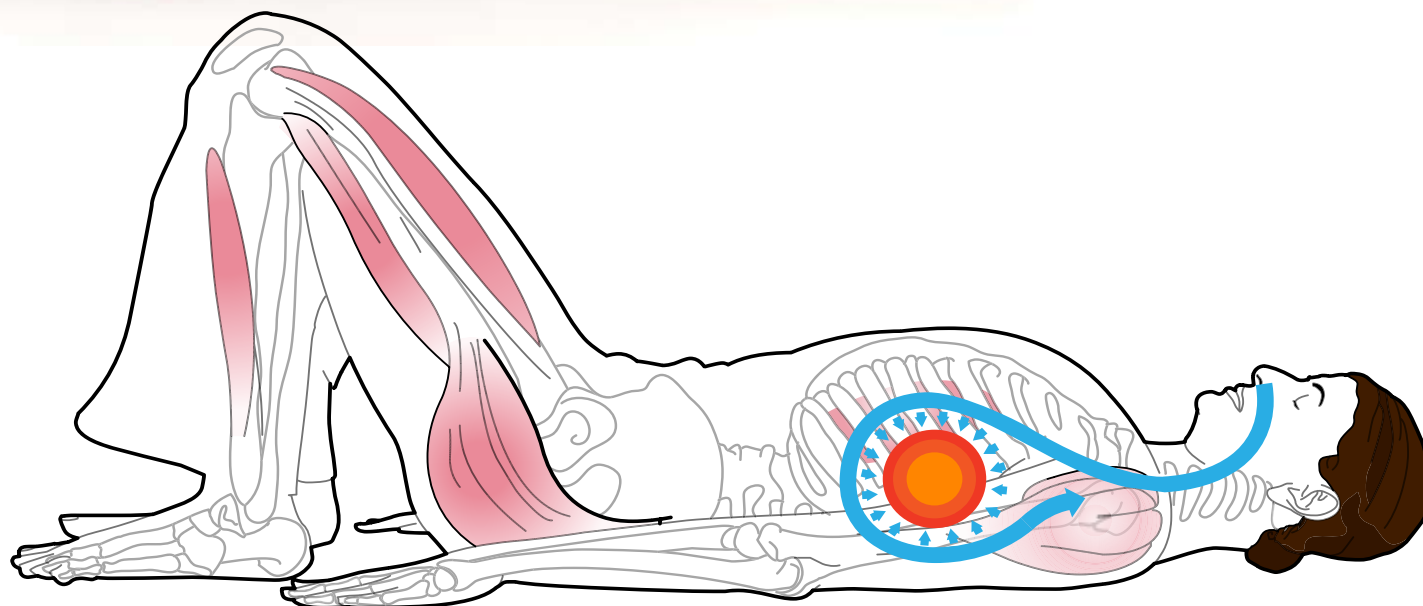
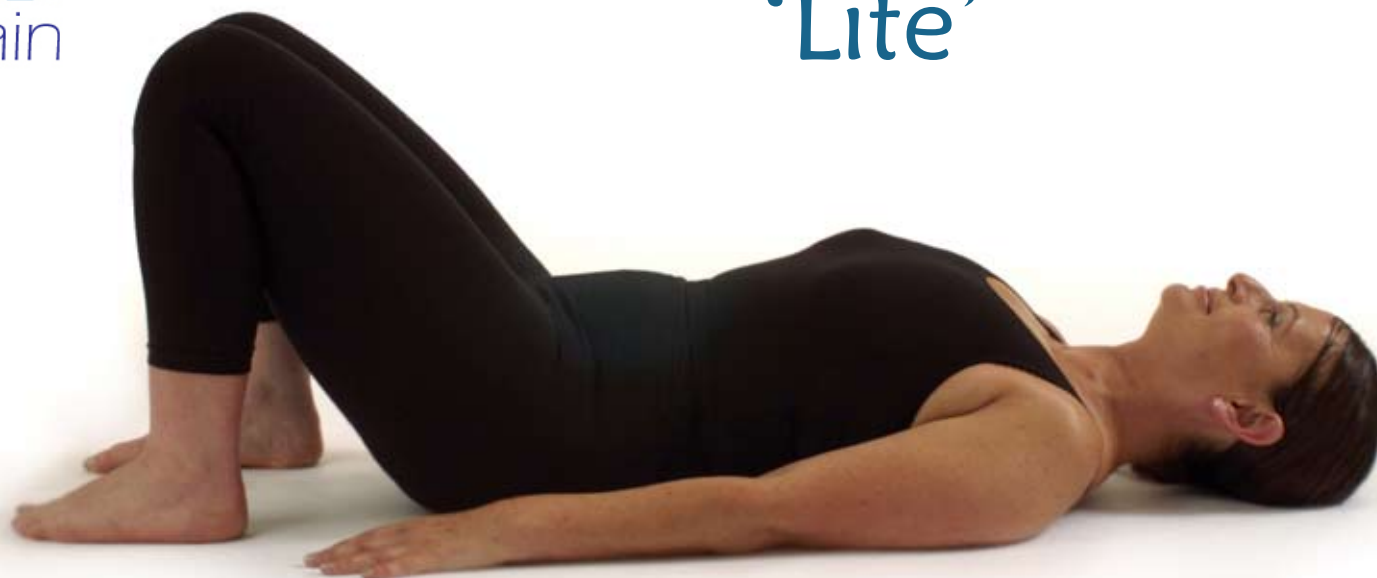




The Yoga For Back Pain Toolkit 'Lite'



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Disclaimer

As with embarking on any new exercise program you are strongly advised to consult with your doctor. Whereas the [Yoga for Back Pain Toolkit](http://YogaforBackPain.com) has helped numerous people to recover, it is not a guaranteed cure. However, most people who follow the program accurately will experience a greater sense of wellbeing.

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ROB HEWIT, SOUTH AFRICA

ROB I just wanted to compliment you on your writing skills. Your lessons have really impressed me, simple clear, intuitive and inspiring. I think it's one thing teaching a class with all the non-verbal cues available, but to put this into words, to be used cold by a million different types of students - now that takes a different type of skill!

I'm glad i met you now before you get too famous and won't have time for one on one e-tuition. By the way, I really like the bit about starting small with ten minutes and allowing it to develop into more; that's such good advice and I believe it's something that will work for most people. I think your approach is intelligent.



Rob Hewit, South Africa



Joy Anderson

Anyway, I started my 5.00 am routine this morning. I love Vanda's quote

'The gift of transformation for anyone that chooses to step on to their mat and begin listening to their own song

JOY I'm so happy you're enjoying your healing journey. Your feedback has made all the hard work worthwhile.

Lesson 1

You've requested this [The Yoga for Back Pain 'Lite'](#) because you either have a back problem or you have a friend, relative or loved one who is suffering and you want to help them. Anyone who has had back pain, whether short or long term, will know that it can affect every level of your life and, before you know it, you've adapted your life around your back problem.

Often we are not aware how we change our lives to accommodate pain - it can be quite insidious and can sneak up on you without you even realizing. Sometimes it's only when you look back you realize that you've given up all kinds of activities that you love. Maybe it's walking, gardening, dancing or a sport. This was what made you feel alive.

'Often we are not aware of
how we change our lives to
accommodate pain...'



Putting on your shoes can seem formidable

Now you can't imagine ever doing those activities again. Even worse, perhaps you've had to make a career change, or are unable to work. Even a simple task, like putting on your shoes can seem formidable.

By following the [Yoga for Back Pain Toolkit](#) you can expect some of the following changes to occur.

In the Short-Term the following is possible

- Spasms will decrease
- Flexibility will improve
- Pain will lessen

In the Long-Term

- Pain will lessen even more
- With perseverance, the pain disappears (as in my case)
- General health will improve
- You'll experience improved self-esteem, and an increased sense of well-being
- You can expect to resume a more active lifestyle

This is not by any means a quick fix program, but the start of a new way of life. Anything worth having is definitely worth working for!

So let's get started

"The journey of a thousand miles begins with a single step"

Lao Tzu

'This is not by any means a quick fix program, but the start of a new way of life'

Work on this posture for 10 minutes a day.



- 1 Lie on the floor on your back. Bend the knees so the feet and knees are hip width apart and the soles of the feet are flat on the floor
- 2 Check your feet are straight. If your back is misaligned, it's likely the feet will be too straight. Often, they feel straight, when in fact they're crooked

- 3 Place a telephone book or something similar under the head. The book needs to rest at the nape of the neck so the head is on the book and the neck is off
- 4 Spread the toes and press the feet into the floor
- 5 Place your hands over the stomach, expand the stomach on inhaling and contract the stomach on exhaling
- 6 Think about the rhythm of the breath
- 7 The breath enters slowly, and increases at the top of the breath
- 8 The breath leaves slowly, and increases at the end of the breath
- 9 Acknowledge a slight pause at the top of the breath, and a slight pause at the end of the breath
- 10 At the end of each breath, relax the curve of the lower back into the floor by contracting the stomach more
- 11 Observe the ebb and flow of the breath like waves of the sea
- 12 Imagine you are watching yourself breathe
- 13 As the posture says, surrender yourself to the floor

Modification 1 If you can't get on the floor use the bed

Comment: When exhaling think of drawing the stomach towards the *spine* without building up tension.
Do not use a pillow. You will need a hard base to create some traction in the *cervical vertebrae*.

your attention on that very delicate point, the back of the waist (where the spine moves in two opposite directions). You will be amazed to discover that, if you are kind to your body, it will respond in an incredible way.”

Vanda Scaravelli

If you practise this breathing regularly, you will already be ahead by the time you get your **Toolkit**. When this breathing technique is combined with the postures, you can make some very powerful changes in your body.

‘When this breathing technique is combined with the postures, you can make some powerful changes in your body’

Lesson 2



A back problem can impact on your life

Welcome to [lesson two](#). Do you remember in [lesson one](#) I talked about how a back problem can impact on your life? In this lesson I'm going to share with you how it impacted on mine. I'm also going to show you how I turned it round and ended up with a new vocation. I am really proud of how I not only turned my injury into something positive for myself, but also went on to help so many people in similar situations.

When I first injured my back I thought it would get better on its own - but, sadly, it didn't. The only solutions my doctor could offer me were bed rest, pain killers, surgery and cortisone injections into my spine. I was only 30, at the peak of my fitness, and well-known for my fitness classes in my London community.

Suddenly I was unable to work, and before long, I'd spent all my savings going to the osteopath, having massages and a plethora of other treatments. Eventually I had to cancel my very popular fitness classes, and money was now tighter than ever. I kept hoping the osteopath would make me better, and the treatments helped enormously, however, I found for the most part, the treatments would only give me temporary relief, and the pain would soon return. As you read in the previous lesson, I found [Scaravelli Yoga](#), and thus began my healing journey.

‘I found for the most part,
the treatments would only
give me temporary relief,
and the pain would soon
return’

Your Lesson for Today

- Start with [Surrender Pose](#)
- After about 10 minutes, move into [Posture 2](#)



- 1 Draw knees into chest
- 2 Hug knees to chest. As you inhale, release the knees slightly
- 3 As you exhale, draw knees towards the chest
- 4 Aim to take the thighs to the chest, the chin towards the chest and keep the neck long. Feel the *spine* lengthen
- 5 Remember to expand the stomach as you inhale, and contract as you exhale



Modification 1



Modification 2

- Modification 1** Place a belt behind the knees and draw them into the chest
- Modification 2** Arms under knees

Comment: When the breath expands the stomach, the knees automatically release.
As you exhale, the movement of contracting the stomach allows the legs to fold in deeper and the *spine* lengthens.

In [lesson three](#) I'm going to talk about technique, and the wave of the breath. You can liken the wave of the breath to the waves of the sea. I will also be offering some background information about my teachers, to whom I give thanks for giving my life back.

The [Yoga for Back Pain Toolkit](#) has 60 postures with modifications for all levels; this step-by-step program will guide you as you move into a pain free life.



You can liken the wave of the breath
to the wave of the sea.

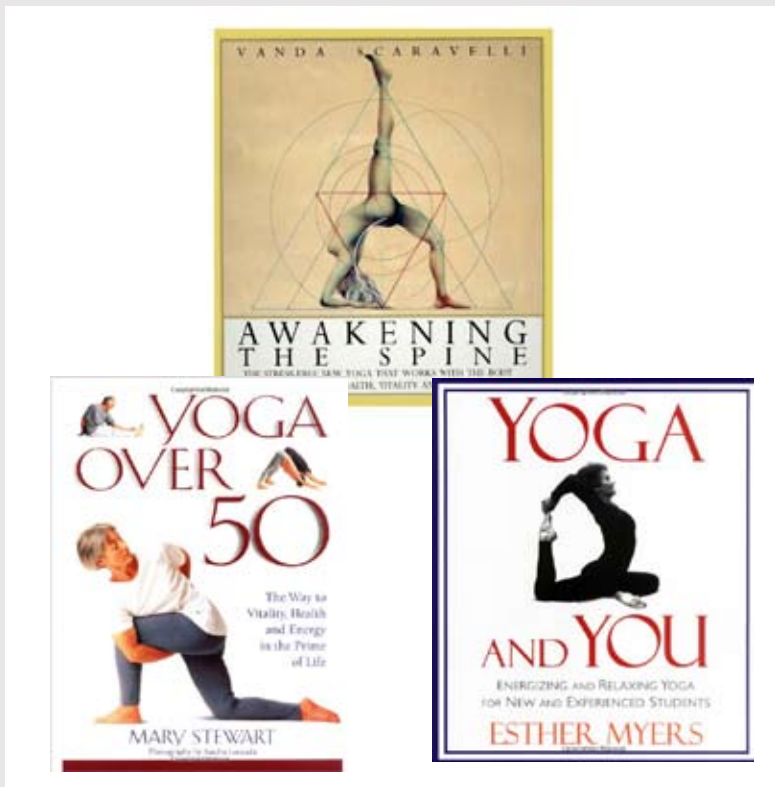
Lesson 3

Welcome to **lesson three**. I hope you enjoyed **lessons one and two** which talked about how back pain can impact on and spoil the quality of your life. I also pointed out that with appropriate yoga exercises, posture, pain and function have a good chance of being improved and your quality of life can be greatly restored.

Remember this is not a 'quick-fix' solution, but the results, when successful, are long-lasting and permanent. It's normal to expect an improvement in function and flexibility before the pain finally subsides.

In this lesson I'm going to talk about the technique, my teachers and some background information. While my back was in recovery, I was very careful and only did yoga in a very slow and precise

'It's normal to expect an improvement in function and flexibility before the pain subsides.'



Joy recommends

way and worked with the guidance of my teachers. This is the technique I'm going to teach you.

Since my recovery I've studied many different styles of yoga including more energetic practices such as [Ashtanga](#), and was also a pupil of John Scott, author of [The Definitive Step-By-Step Guide to Dynamic Yoga](#) and [The Primary Series](#). I give thanks to all my teachers for their support and wisdom. I have learnt something from each and every one, but the people who set me on the road to recovery in the early days were a group of talented teachers who worked closely with [Vanda Scaravelli](#), author of [Awakening the Spine](#).

Some of the first teachers in the UK to adopt her technique were [Mary Stewart](#), author of many yoga books including [Yoga for Children](#) and [Yoga over Fifty](#). I was lucky enough to

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