

Yoga and Physiotherapy Congress

October 16-17, 2017 Chicago, USA

Utilizing pranayama methods for those with back pain

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The benefits of yoga have been known for thousands of years, and only recently are becoming popular and incorporated into the lifestyles of those in the west. Pranayama, or controlled breathing, is the fourth limb of yoga, has numerous benefits and can easily be taught to people who are in pain. Research has illustrated that those with back pain have a myriad of dysfunctions, including difficulty in diaphragmatically breathing, engaging the core, and anxiety surrounding their dysfunction. Pranayama, or breath-work, this principle based, interactive workshop will explore the benefits of pranayama for people with back pain, and pain in general. You will learn techniques that can immediately be applied to anyone, including skills to teach effective breath-work and core engagement.

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