

2643 – Yoga for Arthritis and Low Back Pain

Intermediate / Pool Workshop

Sanibel, FL / Wednesday, June 24, 2020 – 7:45-11:15 am – 3.0 credit hours

(Pool: 7:45-9:15 am / Classroom: 9:45-11:15 am)

Faculty: Christa Fairbrother, MA, ATRIC – Yoga for Arthritis and Chronic Pain

Camella Nair, Swami, C-IAYT – Yoga for Low Back Pain

Yoga for Arthritis and Chronic Pain

COURSE DESCRIPTION: Aqua yoga is a unique modality to benefit people living with arthritis and chronic pain. It combines the philosophical, physical, and neurological benefits of yoga with the properties of aquatic exercise to maximize who can access the teachings of yoga. If you've been looking to add yoga tidbits to your aquatics programs that serve audiences with arthritis and chronic pain, come get some ideas you can incorporate into your work.

COURSE OBJECTIVES:

- 1) Identify the most common types and symptoms of arthritis.
- 2) Review the neurobiology of chronic pain.
- 3) Determine the specific benefits yoga offers people living with arthritis and chronic pain.
- 4) Review latest research on yoga and aquatics for arthritis and chronic pain.
- 5) Compare and contrast what aqua yoga offers this population compared to general aquatics.
- 6) Examine the basic philosophy of yoga and how to incorporate it into other aquatic modalities.
- 7) Apply yoga breathwork to other aquatic modalities.

FACULTY: Christa Fairbrother, MA, ATRIC, teaches yoga professionally. She uses her own experience in dealing with arthritis to help others use the tools of yoga to manage their health. Her focus is aqua yoga because it's kind to people's joints and is so accessible. It allows people who can no longer practice on land to continue yoga in the water.

Yoga for Low Back Pain

COURSE DESCRIPTION: An estimated 70% of people will experience lower back pain at some point in their lives. Often they will have multiple re-occurrences. Chronic back or LBP is the leading cause of pain and disability in the USA. Veterans are a particular demographic that has higher incidence of back pain than the general population, and in a 6-month trial of yoga, they experienced a significant drop in pain. Yoga offers some of the best evidence in support of managing back pain in adults and the emotional stress that goes along with that as it is a mind-breath-body protocol based on a Panchamaya Kosha model (Physical, energetic, mind, intellect and contentment considerations of the individual).

Statistics reveal that 60.5% of asymptomatic, middle aged people if they had an MRI, would show bulging disks or protrusion or extrusion. In the ancient yoga system, Surya Namaskar (sun salutations is an effective system of poses that integrate body-mind and breath), in order to be comfortable and stable in the body so we are not troubled by the mind and its reaction to life events and circumstances. This can be adapted to a chair or at the wall in a classroom setting for greater accessibility. There are links to chronic back pain and **sedentary lifestyle** that may also contribute to **obesity**, both of which may share common behavioral and neural pathology. Excess weight pulls the pelvis forward and puts strain on the lower back and contributes to coronary heart disease, diabetes, high blood pressure and colon cancer. Yoga therapy is a bidirectional relationship of mind and body. Breathing is the link that we can have direct control over as it has a pathway to the ANS, our body functions and how we deal with pain. There are also many forms of **arthritis** and FML that can cause pain, stiffness and swelling in the back, and whilst any part of the back can be affected, the lower back is the major common site of back pain in this disease that affects millions of older adults. Physical activity and especially an integrated system like yoga in the water can help to relieve pain and improve mobility, balance, strength and cardiovascular function and sense of well-being due to the increase in thalamic GABA levels which are associated with improved mood.

COURSE OBJECTIVES:

- 1) Explore the architecture of the spine and examine its functions of support, protection and mobilization.
- 2) Briefly discuss how yoga strategies can help common back injuries such as sprains, spasms, ruptured or herniated discs, fractures, spinal stenosis, as well as sciatica, arthritis and FML. Also highlight on back pain as a secondary issue to kidney stones, pregnancy, obesity and endometriosis as well as thickening of myofascia in the lower back.
- 3) Present how an aquatic yoga protocol can help decompress the spine, improve balance and core stability along with improved endurance and cardiovascular conditioning.
- 4) Highlight and practice yoga postures and other protocol may help combat discomfort with osteoarthritis, which is the prevalent form of arthritis affecting 27 million adults in the USA.
- 5) Determine how the aquatic environment and yoga combined may enable obese people to increase cardiovascular exercise safely and become established in a sustainable weight loss program, improve lifestyle and mood.
- 6) Practice poses that tone and massage the abdomen and pelvic organs and improve digestion, reduce obesity and help alleviate LBP.

FACULTY: Camella Nair, Swami, C-IAYT, is one of the few ordained female Swamis currently teaching in the Kriya Lineage. It is an unbroken line of gurus dating back thousands of years. She pioneered Aqua Kriya Yoga 20 years ago and travels to certify teachers in this field. As a female disciple, she authored "Prenatal Kriya Yoga" which is a mystical journey into pregnancy and motherhood. A registered Yoga Therapist and Prenatal Yoga Alliance registered teacher, she has a comprehensive online home-study in prenatal yoga at www.prenatalkriyayoga.com.