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Lillah Schwartz, nationally recognized back care expert, will offer a Friday evening class, and weekend workshop, November 3-5 at One Yoga Sanctuary, 73 Sea Island Parkway, Lady's Island Marina, in Beaufort.

With the national press giving attention to finding low cost, drug-free approaches to managing and healing back pain, Lillah will offer valuable insight and practice steps to find relief from lower back pain using yoga.

Join her Friday from 6 - 9 PM for an introduction to yoga for back care. Cost for Friday \$60.

Register thru [www.OneYogaSanctuary.com](http://www.OneYogaSanctuary.com) or call 843-476-1388.

The *New York Times* published an article in June of 2017 that discussed researchers using yoga for back pain relief. 320 people were included in the study that divided that number into three groups - one using physical therapy, one using yoga and one using educational methods - to reduce back pain and drug usage. In both the physical therapy and the yoga groups about half the participants reduced their back pain and half reduced their drug use. The researchers concluded more people liked yoga as more participants in that group remained in the study. The article concludes with this quote: "I'd tell my friends to use yoga for back pain," said the

senior author, Janice Weinberg, a professor of biostatistics at the Boston University School of Public Health. "It is cost effective, it can be done at home or in group settings where there is social support, and it is also thought to have mental health benefits." (June 27, 2017, page D4)

Lillah Schwartz is an Asheville, North Carolina-based yoga teacher, where she is known as the "BackWhisperer." Certified Yoga Therapist by the International Association of Yoga Therapy, C-IAYT, she brings more than 35 years of experience to her specialty for discovering back pain relief. Her book, *Healing Our Backs with Yoga: An Essential Guide to Back Pain Relief*, came out in 2016 and will be available for purchase at the seminar. She has also produced three DVDs available nationally that include; Yoga: Freedom from Back Pain Yoga: Relief from Neck and Shoulder Pain, and Yoga for the Asymmetric Pelvis.