

YOGA, BREATH & MINDFULNESS for BACK PAIN

with Carly Carney



Back pain can impact many aspects of daily life. It can influence how we feel in our day-to-day activities and our relationship to ourselves, and others. Over time, the pain or discomfort can leave you feeling frustrated, exhausted and on edge.

Yoga and mindfulness is a proven modality that can cultivate ease and a feeling of well-being. The goal of these classes is to explore gentle postures, the breath and relationship between the mindbody connection as it relates to your discomfort.

You will learn:

- Gentle yoga movements that you can practice at home.
- Guided meditation practices that cultivate ease and comfort in your body.
- Breathing practices that integrate the mindbody relationship and relax your body and focus the mind.
- Simple lifestyle changes that support your well-being.

You will learn about the:

- Cycle of pain and how it manifests itself in your mind and body.
- Science behind breathing and how it can promote relaxation.
- Ways pain impacts your mind and body over time.

Due to the nature of this being a group class, there are a few requirements:

- The ability to lay on the floor.
- Permission from your doctor to do gentle movements.

This class welcomes you exactly as you are. Yoga and meditation experience or a flexible body is not required. All of the movements are simple and gentle. The class will incorporate practice, self-reflection and education. This is not physical therapy and we do not diagnose conditions.

If you have a specific back related condition that you want to address, you may consider setting up private chronic pain sessions.



May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.

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