



## Yoga for BackCare – 4-day teacher training – Via YOGACAMPUS NOVEMBER 2021

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[www.backcarefoundation.com](http://www.backcarefoundation.com)

### 1. Introduction – What and Why

The spine is the very foundation of our being – and its health influences how we interact with the world. Healthcare advice increasingly recommends Yoga as a therapeutic exercise and healthcare professionals commonly recommend Yoga to help with low back pain (LBP).

Students with back aches and pains often attend general yoga classes as specialist BackCare is limited. But general yoga classes don't often address the specific factors that contribute to LBP and potential new students can be deterred from coming to class at all because that yoga postures could worsen their pain.

Do students with LBP attend your general classes? Do you sometimes feel you don't have enough knowledge to integrate them into your class? Did your 200-hour training feel a little 'light' on anatomy and conditions of the low back? Do you sometimes worry that yoga might make back pain worse? Would you like to feel REALLY confident when dealing with students with low back pain and be sure that the yoga practices you are teaching are going to HELP them?

Would you like to offer a specialist Yoga for BackCare class?

This 4-day course will provide you with the skills to offer a Yoga for BackCare class, improving your knowledge, raising your confidence and making you a safer yogi and yoga teacher.

This immersive course aims to furnish teachers with knowledge of anatomy, conditions, red flags relating to LBP, contraindications and postures to avoid, as well as modifications and more. It will increase understanding of reasons for LBP and provide ready-made routines to teach to improve the health of the low back.

Teachers will benefit from a refresher of anatomy, pathology and practical content to increase safety of students in general classes and their own confidence in dealing with students who present with LBP.

LBP is one of the most common complaints in the adult population, and the most frequent reason to visit the GP. Research shows that appropriate yoga practice can both prevent and improve LBP. As teachers we also know of spinal injuries caused by or exacerbated by inappropriate yoga practice and this course will help you to make both your and your student's practice safer.

**Please note:** this is a Yoga for BackCare training, enabling participants to offer a specialist group class, for students who wish to improve their spinal health. It is NOT a course covering Yoga Therapy and will not enable participants to work 1:1 with back pain patients.

**Who it's for:** The course is for existing yoga teachers with a recognised certification. Final year teacher trainees from accredited schools, yoga therapists and registered manual therapists with an appropriate level of yoga experience may also be considered, depending on experience and specific areas of interest.

**Certification:** The course has BWY certification and is acceptable for YogaAlliance CPD hours.



## Course content & Method

This practical and interactive course contains a mix of knowledge, increased understanding and skill development, taught in an accessible mix of presentation, discussion, small group work and workshop style asana.

### Refresh knowledge of anatomy / physiology / pathology to a depth to allow safe teaching:

- Revision of structure and function of the Spine, from neck to sacroiliac joint
- Revision of common conditions of the low back – and understand why they happen
- Posture & when it matters
- Pain & when it matters

### Yoga for BackCare

- What is Yoga for BackCare – definitions and objectives
- The underlying Yoga principles of YBC
- Ready made routines, focused additional postures
- Teaching, modifications, adjustments

### Keeping Students Safe:

- Ensuring new students are safe to teach & understanding when to refer on
- Red flags and contraindications
- What not to promise, appropriate language and cues

### Developing Skills & Practical applications:

- What to ask new students and how to form a contract with them
- How to manage LBP within a group & online
- Practical teaching tools – modifications and contraindications
- Ready-made routines

## 2. Aims, Objectives and Outcomes

The training aims:

- To equip teachers with the necessary skills to offer a specialised Yoga for BackCare class.
- To provide an understanding the spine, anatomy and conditions and its relevance in Yoga
- To equip teachers with the necessary skills to feel more confident in incorporating students with LBP in general classes.
- To improve safety for students attending yoga classes.

By the end of the course, participants should be able to:

- Understand the principles of Yoga for BackCare – both anatomical and yoga-based.
- Plan and deliver a Yoga for BackCare class.
- Feel safe in accepting new students with general LBP and incorporating them in their general yoga classes, or referring them on to other specialists.



- Have an improved understanding of how to keep themselves safe in their own asana practice

By the end of the course, participants will have:

- Advanced their understanding of anatomy, pathology and pain in relation to the low back and spine in general.
- Learnt how to decide if a student is safe to teach in a general yoga class.
- Advanced their skills in providing appropriate modifications to LBP students within a general yoga class.
- Learnt how to sequence and provide a Yoga for BackCare class.

The knowledge learnt on this course will be immediately applicable to teaching.

### 3. Student participation, evaluation and certification

Participants will be encouraged to test their knowledge with interactive quizzes, tests and small group work. The course will be delivered in a blended way: Day 1 Live on Zoom and Days 2-4 in person. Students will be able to ask questions, discuss with their peers and encouraged to participate in small group discussions.

**Pre-Course Material:** each student will be expected to have completed the pre-course revision material to ensure they have refreshed their anatomy knowledge, ready to think and learn in the live sessions. The pre-course material is a simple presentation with videos to refresh and revise understanding.

**Live teaching:** each student will be required to prepare and teach a 5-minute sequence to the group on Day 4 of the training.

**Coursework:** to check understanding and ensure safety of students and teachers. To be submitted within 3 months of the course conclusion:

- 2 class plans – can be based on the pre-made routines, but participants are encouraged to bring their own knowledge, language, yoga philosophy to their own teaching
- 30m class recording
- written answers to 5 questions to test safety and understanding
- self-reflection sheet

You must attend the whole course to be certified (see below).

### 4. Programme Details

#### a. Date and times – see website for latest dates

November 2021:

**18 November** Day 1: Online via Zoom 9.30am – 4.30pm with morning, lunch and afternoon breaks



**24 – 27 November** Day 2-4: In person at Yoga Campus London 9.30 – 5pm with morning and afternoon breaks and 1 hour for lunch

Total programme length – 30 hours including pre-course revision material.

**b. Venue**

See website for details of your course.

**c. Cost & Payment**

See website for current prices and payment details

**d. Props Required**

You will need:

Yoga mat / 3-4 blankets / 4 yoga foam blocks / yoga bolster / chair / access to a wall

**e. Accreditation including BWY charge**

The course is an accredited BWY Module and certification will be provided on completion. You must have attended the whole course and completed the coursework to be certified.

If you are a BWY Member then the course hours will count as CPD. You will be able to register your hours on the BWY CPD site.

If you are not a BWY member, you can find out more here [British Wheel of Yoga](#)

**Optional Teachers Directory:** On certification, you will be entitled to join the Association of YBC teachers via the BackCare Foundation and to be listed on the YBC teachers directory. There will be a fee payable for this. Details will be sent on course completion.

**f. How to apply**

[YogaCampus application link](#)

**g. Refunds**

[YogaCampus refund policy](#)

**h. Pre-course material**

2-weeks before the course start date, a 1.5 hour pack of pre-course reading and videos will be sent to you. This will include revision of anatomy and physiology and you will need to have completed this before the course starts. Please complete this before the start of the live training and bring any questions to the training.

**i. Complaints**



In the unlikely event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant raise the matter with the tutor running the course and the matter be resolved at this level.

If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the BWY Module's officer, in writing. The Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible.

Written records of all data and correspondence involved in the complaint to be retained by the Module's Officer.

## 5. What this course isn't

This course is an introductory training in Yoga for BackCare – anatomy, common conditions, how to keep your students safe and yoga practices that will improve the health of the low back. It is NOT a Yoga Therapy training or a training in how to work therapeutically or 1:1 with students with Back Pain.

If you are looking for a well-designed training and a skill you can use immediately with your adult students to help them move more and feel safe – this is it.

You are strongly advised NOT to offer personal medical advice to any student unless you are specifically trained in this field.

## MORE INFORMATION

In the first instance, please contact course leader **Anji Gopal** for more information.

welcome:@backcarefoundation.com  
[www.backcarefoundation.com](http://www.backcarefoundation.com)

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