



Fostering Health and Well Being Through Yoga

Back Yoga

A Healing Yoga Clinic on Back Care

B.K. Bose, PhD; Chandra Mallik, CYT; Miriam Shipp, MD, MPH

* All Levels Welcome *

If you have occasional or chronic back pain or discomfort, or are recovering from back injury or surgery, this back clinic may be just for you. Come find out how Yoga can help your specific back problem - reducing pain, while improving mobility and functionality. With gentle, active self-participation, you will gradually regain and increase flexibility, endurance, balance, and strength. With an understanding of the underlying anatomical and physiological mechanisms associated with your back condition, you will appreciate how daily activities affect your back. In March we will focus on the lower back, hips, and knees, while in April, we will look at the upper back, neck, shoulders, and arms. We will also help you design and implement a home Yoga practice for your specific needs. No prior Yoga experience is necessary. Enrollment is limited, so please register early; there will be no drop-ins.

When: 6 Thursdays: March 13, 20, 27 and April 10, 17, 24; 7.30pm-9.00pm
Where: 4th Street Yoga (www.4thStreetYoga.com)
1809C 4th Street, Berkeley, CA 94710; Phone: 510.845.YOGA
Cost: Sliding Scale \$45 - \$60 for each 3-week session
Registration: Please register online at www.niroga.org, at 4th Street Yoga, or by mailing your check to Niroga Institute, 3101 Arizona Street, Oakland, CA 94602

Bidyut K. Bose (BK) is a certified Yoga Therapist, and researches the scientific application of the principles of Yoga Therapeutics for many common chronic conditions. BK is a member of the International Association of Yoga Therapists, and is the Executive Director of Niroga Institute, a Center for Integral Health and Development. **Chandra Mallik** is one of BK's senior students, having learned Yoga for decades. She has been teaching Yoga and studying Yoga Therapy with BK, with a keen interest in Yoga and Movement. She is Research Director of Niroga Institute. **Miriam Shipp** studied medicine at UCSF and Public Health at UC Berkeley, with a specialty in preventive medicine and an abiding interest in complementary therapies. She recently completed a fellowship in Occupational and Environmental Health at UCSF, while studying Yoga Therapy with BK.

Niroga is bringing yoga to those that need it most – at-risk youth who are homeless, abused, exploited, delinquent, or incarcerated, giving them the life skills needed to realize the power and possibilities within themselves. We also bring yoga to seniors, cancer patients, and people in rehab and recovery. Check out an 8-minute video highlighting our work with delinquent youth in Oakland: <http://www.niroga.org/highlights.html>. All proceeds from this clinic will go to Niroga Institute.

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