



Back Care Yoga with Diane Valentine

Mondays;

6:00-7:15pm

Fee: \$17 drop-in; \$145 for 10 classes

This Iyengar based class is specifically developed to care for the back through a series of asanas designed to create a supportive posture, core strengthening and flexibility, as well as develop awareness in how we can care for our back. The back care class is suitable for those with injuries as well as anyone wanting to take good care of their back.



Diablo magazine's Best Yoga Teacher in 2010, **Diane Valentine** has been teaching for the past 20 years. She is the director of The Yoga & Movement Center where she works with the therapeutic aspects of yoga and holds teacher trainings for certification and registration with Yoga Alliance. Also a certified Feldenkrais Practitioner, Diane teaches classes, workshops, and retreats combining the therapeutic gifts of yoga and feldenkrais.

Yoga, and specifically Iyengar yoga, improves functional disability, pain intensity, and depression in adults with Chronic Lower Back Pain. There was also a clinically important trend for the yoga group to reduce their pain medication usage compared to the control group.

—Conclusion from "Evaluation of the Effectiveness and Efficacy of Iyengar Yoga Therapy on Chronic Lower Back Pain" reported in the September 2009 issue of the journal *Spine*.

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