



## Sheffield Yoga Days

### **22<sup>nd</sup> October : Ruth Gilmore : You, Your Back and Yoga**

This is a day for everyone! If you have a back problem then this day will help you to understand how yoga can help. And if your back is good and healthy this day will help you to keep it that way!

In an interesting and enjoyable day that combines both easy learning and yoga practice, Ruth Gilmore will describe the bones, joints and muscles of the back, how they work and how they can develop problems.

We shall explore common conditions like back strain, "slipped disc", osteoarthritis and sciatica, with the help of a life-sized plastic model spine and easy-to-understand diagrams.

Yoga sessions spread through the day will explore spinal movement, with practices to prevent and relieve common back problems.

There will be plenty of time for questions.

Ruth is well known for her easy, user-friendly presentations, so come along and enjoy a day that will be fun for everyone interested in yoga.

Ruth Gilmore PhD lectured at the Queen's University of Belfast, in Physiology and in Anatomy, until early retirement in 1999 allowed her to devote more time to Yoga.

She has an informal, user-friendly approach, explaining anatomy, physiology and medical information in a way that is accessible to everyone.

She qualified as a Yoga teacher in 1996.

Her teaching is much influenced by the Satyananda, Iyengar and Desikachar (Viniyoga) traditions.

From 1996 to 2009 Ruth was responsible for both course planning and Anatomy & Physiology tuition on the Yoga Biomedical Trust's Yoga Therapy Diploma course.

She has presented courses and workshops on yoga, anatomy and medical topics and provides in-service training and general days for BWY teachers and their students all over the UK.

Ruth writes a popular monthly column "Ask Ruth" in **Yoga and Health** and is the author of "**Relieving Stress**" in the Yoga for Living series.

- *Days are 10am – 4pm. Cost : £25.00*
- *For lunch, please bring a vegetarian dish to share.*
- *Venue : Grenoside Community Hall, Sheffield, S35 8PR*