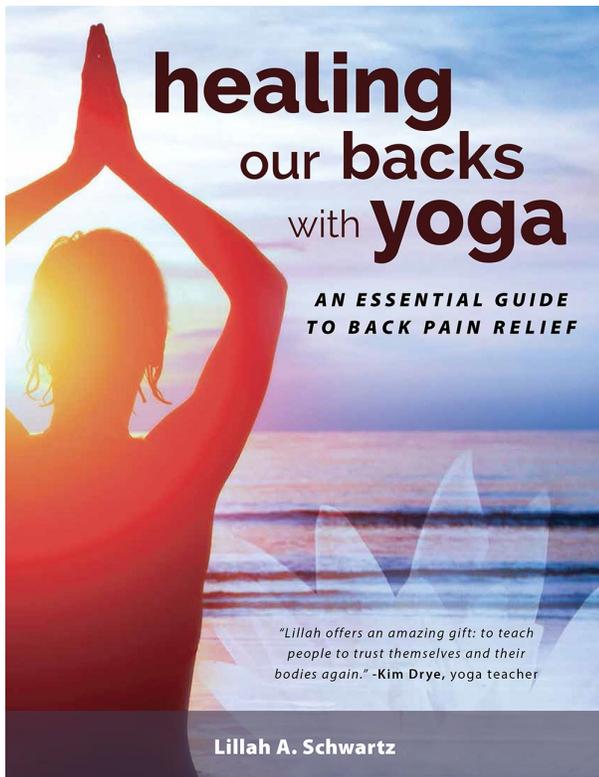


For Immediate Release

Healing Our Backs with Yoga: An Essential Guide to Back Pain Relief
by Lillah Schwartz

"Healing Our Backs with Yoga is very approachable and informative in a clearly compassionate way. There truly isn't a book like it...Lots of people will benefit from this work."
—Benjamin Flowers, Certified Elise Browning Miller Yoga for Scoliosis Teacher Trainer



***HEALING OUR BACKS WITH YOGA:
AN ESSENTIAL GUIDE TO BACK PAIN
RELIEF***

BY LILLAH SCHWARTZ
PUB DATE: JULY 18, 2016
BENEFICIAL SERVICES, INC.
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For review copy requests, interviews, etc., please contact:
Lillah Schwartz
yogawithlillah@gmail.com
828-273-9401

In *Healing Our Backs with Yoga*, therapeutic yoga expert Lillah Schwartz clearly explains movement principles, basic anatomy, breath awareness, and the central elements of alignment-based yoga to help unlock the natural healing potential of the body and move toward back pain relief. Including step-by-step instructions for 22 time-tested techniques, 285 color photos, explanations, hints, and cautions, the book is designed for all levels, from the yoga novice to the experienced teacher.

Often called “the queen of alignment,” Schwartz aims to help readers gain basic information about how their bodies work so they can fully enjoy the benefits of yoga. She drew on more than 35 years as a practitioner, teacher, and yoga teacher trainer, as well as courses and workshops she designed around these poses, to produce the book.

A Certified Yoga Therapist with International Association of Yoga Therapists, Lillah Schwartz is also an experienced teacher trainer. She holds a B.S. in Physical Education and her particular strengths are in the areas of applied anatomy, physiology and movement sciences. Schwartz operated the first full service yoga studio, Lighten Up Yoga, in Asheville, NC from 1981 until a merger with One Center Yoga in 2013. She also pioneered the Iyengar method of yoga in North Carolina. Her instructional DVDs, *Yoga: Freedom from Back Pain*, *Yoga: Relief from Neck and Shoulder Pain*, and *Yoga for the Asymmetrical Pelvis*, have helped many find relief through the practice of yoga. For more information, visit yogawithlillah.com.

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Selected Praise for *Healing Our Backs with Yoga*

“A masterpiece book that should be an essential resource for yoga therapists, health care professionals, yoga practitioners and instructors, and all individuals with back issues.”

—Dilip Sarkar, MD, FACS, CAP Associate Professor of Surgery (Retired) and President, International Association of Yoga Therapists (IAYT)

“*Healing Our Backs with Yoga* is very approachable and informative in a clearly compassionate way. There truly isn’t a book like it...Lots of people will benefit from this work.”

—Benjamin Flowers, Certified Elise Browning Miller Yoga for Scoliosis Teacher Trainer

Selected Praise for Lillah’s DVDs

“Recommended for relief of chronic back pain.”

—Dr. Andrew Weil, *Self Healing* Newsletter

“A commendable job. Effective and accessible to all levels of students.”

—*Yoga Journal*

“An excellent resource for beginning yoga enthusiasts.”

—*Booklist*

Selected Praise for Lillah Schwartz

“Lillah is a practical, concise, clear, loving, and supportive teacher. I continue to grow from her expertise.”

—Joan Pope

“When I first went to [Lillah], sitting was painful, and getting up from a chair sometimes required help. She taught me how to relieve my pain and realign my discs by putting myself in traction with straps, something the doctors, and their injections, were not able to do. After working with her for a year, I am now in yoga classes 3 times a week. Some of the poses are still too aggressive for me, but the constant pain is gone, and I now better understand how to handle the temporary pain. I still have aches and pains, but with Lillah’s help, I have learned how to deal with them. I thank Lillah everyday for giving me my life back, and I have no current plans for surgery in the foreseeable future.”

—June Reeves, 64-year-old back pain sufferer

“Lillah provided me with the knowledge, tools and confidence I needed to effectively teach yoga. I am not aware of any 200-hour program in NC that prepares graduates to teach as well as does the Transformation Yoga Teacher Trainings™ program.”

—Maria Nagem, R.Y.T. Charlotte, NC

“Lillah’s expertise with alignment and anatomy makes each and every session a true learning experience. This expertise coupled with her uncanny ability to spot and correct what is holding you back in any pose are truly amazing.”

—Marty & Sheila Gooch,
Owners of Wake Forest Yoga, NC

“Having lived and studied yoga for over a decade with some well known teachers in the Los Angeles area, let me say that I’ve learned more from Lillah than anyone else! I am so grateful to have done my training with her. The quality of her teaching and expertise can not be denied. She has given us the tools to be great, and the motivation to be even greater!”

—Estee Chase, 200 hr R.Y.T., VA.

Asheville yoga expert shares battle plan for back pain

Joanne O'Sullivan 6:20 a.m. ET Aug. 19, 2016

Chronic back pain affects one in eight Americans. According to the Journal of the American Medical Association, low back pain is one of the leading causes of disability in the U.S. and is one of the leading causes of missed work. Earlier this year, a study released in JAMA stressed the importance and effectiveness of mind-body solutions to combat back pain.

Asheville yoga teacher Lillah Schwartz offers a plan for using yoga to relieve back pain in her new book "Healing Our Backs with Yoga: An Essential Guide to Back Pain Relief."

"The beauty of yoga," she says, "is that it doesn't compartmentalize the body but rather integrates one part to another, synchronizing the parts to the whole."

In the book, Schwartz introduces 27 pose sequences she developed to minimize back pain, help create better structural alignment and muscular balance, and improve overall strength and flexibility.

"When a student takes time to learn the basics of anatomy, posture and alignment, and comes to understand how to apply the fundamental movement principles to his or her particular condition or back pain, he or she can more successfully manage and support the healing process and journey to pain relief," she says.

The book helps readers to identify and address the anatomical disturbance causing discomfort, manage pain with clear guidance and find physical and emotional ease on the healing journey, she adds. "Healing Our Backs with Yoga" is written for back pain sufferers with all levels of yoga experience, including yoga teachers who Schwartz says she hopes will find new ways to help students along with a new way to think of their own practices.

"Healing Our Backs" is informed by Schwartz's 30-year study of the Iyengar method of yoga and her background in massage therapy, cranial-sacral therapy and training and experience in functional anatomy and physiology.

Lillah Schwartz opened the first full-service yoga studio in Asheville in 1981. In 2013, her studio merged with One Center Yoga. She has trained with yoga experts including BKS Iyengar and Aadil Palkhivala. She is the founder and director of Transformation Yoga Trainings, offering registered yoga teacher trainings with the National Yoga Alliance and the International Association of Yoga Therapists. She is also a registered massage therapist continuing education provider.

<http://thelaurelofasheville.com/lifestyle/wellness/healing-backs-yoga/>

An Essential Guide to Back Pain Relief

Lillah Schwartz believes pain-free living is possible through yoga, and she's sharing her techniques in a new book *Healing Our Backs with Yoga: An Essential Guide to Back Pain Relief*.

Yoga helped Schwartz after a horseback riding accident as a teen, and she went on to study and teach yoga. Through her journey, she designed yoga classes specifically for back care. "The underlying condition may still be there," she says. "Whether that ever manifests as pain or discomfort is another question. That depends on our movement choices."

The 196-page illustrated guidebook released in June is a step-by-step manual that targets common problem areas: hips, lower back and neck/shoulders. Sequences of poses are described and illustrated with color photos.

Last December, Dan March of Asheville took her class after neck injuries left his arm tingling and sometimes numb. "She didn't say, 'I can cure you.' She said, 'I can help you,'" March recalls. Four months later, March stopped taking ibuprofen and seeking doctors. "I don't really have the dire problems that I was having."

A presentation on "Healing Our Backs with Yoga" will be held October 19 from 7:30–9 p.m. at One Center Yoga, 120 Coxe Avenue, in Asheville. The event is \$25 and includes a copy of the book. A six-week back care class begins at the center on October 26. For more information, visit yogawithlillah.com.