

Core Strength For Back Support

with Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP



Saturday, September 10, 2022
1:00pm - 3:00pm \$25

**Appropriate for those
with at least 1 year of
yoga experience.**

**Counts as 2 hours CE
for yoga teachers
registered with Yoga Alliance.**

THIS WORKSHOP WILL BE HYBRID.

Taught in-studio (For those who are vaccinated) and live-streamed via Zoom to those who are not fully vaccinated or choose to stay on Zoom.

Register on our [Workshops Page](#) or visit www.columbiayoga.com

You've heard it before – strengthen your core to support your lower back.

Great advice. However, what exactly is the core and which muscles need to be strengthened? Many people focus on strengthening the outer core, or surface abs, the rectus abdominis. However, core strength depends on the deeper muscles of the inner core – the obliques, transverse abdominis, pelvic floor, and spinal erectors.

So, come experience stability, strength, length, and endurance from these deeper core muscles and how that support helps protect the vulnerable lower back muscles.

This will be an active workshop including poses for upper body strength, arm balances, and plank-type moves, as well as yoga poses with core and strengthening emphasis.

A handout will be provided of poses covered.



Lucy Lomax, C-IAYT, E-RYT500, RPYT, YACEP, Certified Yoga Therapist, began meditating and practicing yoga in the 70's and teaching yoga in 1999. After almost 33 years as a financial policy analyst (BS Organizational Behavior, Masters in Public Financial Management) Lucy became a full-time yoga teacher. Her yoga background includes 21 years study and practice in alignment-based yoga and 10 years in trauma-sensitive yoga. Lucy is a Certified Yoga Therapist, C-IAYT, Certified Warriors at Ease teacher, C-WAE, Certified iRest® Yoga Nidra meditation teacher, C-iRest, and Yoga for Amputees Y4A master teacher trainer. She also has trained as a Cancer Exercise Specialist, and has done advanced studies in yoga for back pain, and yoga for osteoporosis with Dr. Loren Fishman. She teaches alignment-based therapeutic yoga, trauma-sensitive yoga and meditation, and adaptive yoga for injuries, pain, special conditions, and recovery.