

My Story...



Healing injuries with yoga: Laura Green describes how she dealt with her problems with back pain using yoga and other simple lifestyle changes

I first discovered yoga when I was 16 years old through a school friend's mother who taught yoga. Since then I've always had a keen awareness of my body. This is the story of how I found a way to heal a back injury using yoga as a source of creating awareness and slowing down in order to listen to what it had to say and to feel my way out of pain.

In 2008, I suffered with a very bad back, which caused me significant pain for over a year. It was all consuming, affecting my job, my relationships and my relationship with alcohol. I found myself in a really scary position at the time where I was drinking for pain relief. Pain killers didn't give me any relief but the muscle relaxant effect of alcohol did. I became dependent on alcohol for pain relief. I knew this was a bad place to be but I couldn't fix the problem. I saw every different type of therapist and got ripped off and conned a few times by people promising miracle cures.

Then something just shifted in my mindset one day, when I realised that I had created this problem in my back and I had to fix it. I stopped looking outside of myself for a fix and instead tuned into my body. My relationship with my body was poor at the time as I saw it as the cause of my pain and unhappiness and just wanted to be distracted from it. But with my shift in focus I returned

to my yoga mat and started the slow process of reconnecting with my body, listening to it through exploratory movement and practicing yoga to heal as opposed to always wanting to achieve something. Slowly my back got better, I'd still get the occasional setback, but it'd heal much quicker.

Dealing with setbacks

Fast forward nine years and I'd forgotten about back pain. Then, one Monday after doing something foolish in the gym, it all came flooding back in an instant. I was hunched over, couldn't stand up straight and every step down the stairs out of the gym was agony. But this time instead of taking me over a year to heal it took just three days...and this is how:

- 1 I didn't take painkillers: numbing the pain stops me feeling what is going on.
- 2 Remedial yoga: I spent a good couple of hours on my yoga mat in front of the fire, doing very gentle mobility exercises exploring what I felt and what gave me relief.
- 3 Time does not heal: I booked to see my chiropractor the very next day, not waiting to see if it got better. The quicker you get professional help the easier it is to fix.



4 I asked for help: I was careful not to carry anything heavy (like my yoga mats) and asked my lovely students to help.

5 I listened to my body, tuned in and trusted that I knew what to do to heal.

We have the power to help ourselves through listening to our bodies, respecting our limits and trusting our intuition. Back pain is often a source of painkiller addiction, however, with a few lifestyle changes, it is something you can manage and heal over time. By getting enough rest, slowing down and listening to your body, coupled with the right kind of movement and exercise such as yoga, it is possible to put backache behind you for good. ☺

