

Dru Yoga Research Results

DRU YOGA HELPS LIVERPOOL FOOTBALL PLAYERS REDUCE INJURIES

In an article published in January 2013 in the British Journal of Sports Medicine, Dru Yoga is quoted as being part of a successful 7 point plan, used by physiotherapists on Liverpool Football Club's players to reduce hamstring injuries.

Recurrent hamstring injuries are a major problem in sports such as football. The research followed a professional footballer who had sustained five hamstring injuries. Liverpool's doctors and physiotherapists successfully used a seven point programme which included Dru Yoga. The player started regular sessions of yoga-based stretching and relaxation with a qualified Dru yoga instructor. These consisted of Dru fascial warm-up techniques; intense hamstring and low back stretches; guided Dru relaxations and Dru breath training (techniques to improve lung capacity, stamina and to activate the relaxation response through the body). Sessions were undertaken for 60 min twice per week. The player soon reported subjective improvement in his hamstring freedom.

Dru Yoga is shown to be effective in the treatment and management of low back pain and stress, and is known for being a particularly safe style of yoga. Previous studies on the effectiveness of Dru Yoga for stress in the workplace and back pain, were published in the Scandinavian Journal of Work and Environmental health and the Journal of Occupational Medicine, and these were cited in this recent article.

Dru Yoga is a graceful and potent form of yoga, based on flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit—improving strength and flexibility, creating core stability, building a heightened feeling of positivity, and deeply relaxing and rejuvenating your whole being.

Designed to be practised by people of all abilities, all fitness levels and all age groups, Dru is a style of yoga that can be quickly dipped into or learnt in more depth over a lifetime. Dru Yoga classes are available in the UK, Ireland, The Netherlands and across Europe, Australia and Canada. Short Dru Yoga retreats and yoga holidays in these countries are also very popular. The Dru Yoga teacher training course, which is necessary to teach this safe, therapeutic style of yoga, is available in many countries. Visit druworldwide.com for more details.

Read the original article: <http://m.bjism.bmj.com/content/early/2013/01/14/bjsports-2012-091400.full>

Dru Yoga reduces back pain and stress: <http://occmmed.oxfordjournals.org/content/early/2012/09/24/occmmed.kqs168.abstract>

http://www.druworldwide.com/yoga/what_is_dru_yoga

DRU YOGA IS SHOWN TO REDUCE STRESS AND BACK PAIN AT WORK

New UK research, published in September 2012 in the Journal of Occupational Medicine, shows that Dru Yoga can reduce perceived stress and back pain at work.

Stress and back pain are two key factors leading to sickness absence at work, costing the British economy an estimated £17 billion per year. This study by researchers at Bangor University suggests to employers that wellbeing programs that include yoga can have a significant impact not only in reducing stress, but also in preventing back pain.

More than 80 participants in the study were recruited from Conwy County Council and randomized into a yoga group who received one 50 minute Dru Yoga session each week for 8 weeks along with a 20 min DVD for home practice, while a control group who received no intervention.

Dru Yoga is one of the UK's largest schools of yoga, and includes therapeutic stretches and postures to ease back pain, flowing movements designed to relieve stress, and breathing exercises which calm the mind.

When compared with the control group, the yoga group scores were significantly lower for perceived stress, back pain, sadness and hostility, and much higher for feeling self-assured, attentive and serene.

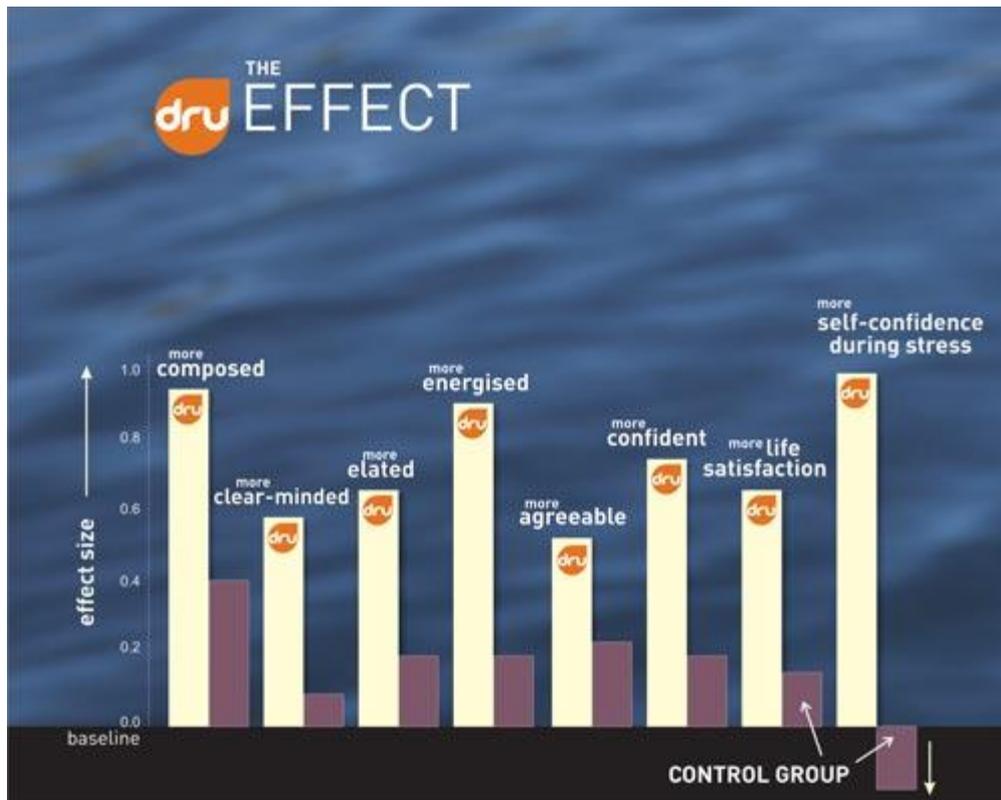
Susan Williams, a Community Engagement Officer for Conwy County Council who participated in the yoga group, said: "I found that the Dru Yoga programme had a positive influence on my level of confidence. I felt more in control, ready, aware, dynamic, even recognizing my own power. I was happier, and it was so much easier to manage my circumstances."

The study authors concluded: "The results indicate that a workplace yoga intervention can reduce perceived stress and back pain and improve psychological wellbeing.

"Larger randomised controlled trials are needed to determine the broader efficacy of yoga for improving workplace productivity and reducing sickness absence."

The study was published on-line in September in [the Journal of Occupational Medicine \(Oxford University Press\)](#).

More information about Dru Yoga is available at <http://www.druworldwide.com/yoga>



Read scientific article [here](#)

YOGA REDUCES WORKPLACE STRESS – NEW STUDY RELEASED

A new study shows that yoga is significantly effective for improving wellbeing and resilience to stress in the workplace. A team of researchers working at Bangor University found that a six week programme of Dru Yoga reduced anxiety and fatigue, while increasing emotional well-being and resilience to stress.

This research is very timely as latest figures from the HSE suggest that stress in the workplace costs the UK over £530 million per year, which equates to over 13 million ‘lost’ working days. Experts believe these figures will increase further as a result of the recession.

Researchers conducted a randomized controlled study, (the first robust research done on yoga in the workplace) involving 48 university employees. They were either placed into a Dru Yoga programme, or wait listed, as the control group. The yoga group participated in a six week programme of Dru Yoga, which involved attending at least one weekly 60-minute class.

Results showed that the Dru Yoga group reported feeling significantly less anxious, unsure, confused, tired, and depressed than the control group who did not practice Dru Yoga.

In addition, the yoga group reported feeling more life purpose and satisfaction, and greater self-confidence during stressful situations. Study participant Eileen Price, Undergraduate Recruitment Administrator, said, ‘ At the end of the first session I went back to the office

with a much clearer head and renewed vigour – I could think more clearly, make better decisions and work more efficiently.’

Researchers concluded that even a short program of Dru Yoga is effective for enhancing emotional well-being and resilience to stress in the workplace, and recommended that employers should consider offering yoga classes to their employees.

Dru Yoga is one of the UK’s most popular forms of yoga, comprising of easy-to-learn flowing movements, simple breathing techniques and effective relaxation methods. For Dru Yoga taster workshops, holidays and teacher training, visit www.druworldwide.com

The complete research results can be viewed on-line at the following link: http://www.sjweh.fi/show_abstract.php?abstract_id=2916