



High Desert Yoga presents:

# Yoga for Scoliosis, Part 1

with Elise Miller



**Elise** Elise Browning Miller, M.A. in Therapeutic Recreation from UNCH, is a Certified Senior Iyengar Yoga Teacher who has been teaching yoga throughout the US and internationally for over 30 years. A founding director of California Yoga Center in Palo Alto and Mountain View, CA, Elise has successfully used yoga to minimize the effects of her own scoliosis. She has published numerous articles on scoliosis and other yoga related subjects in Yoga Journal and other national magazines. Elise has studied on numerous occasions with the Iyengars in India and specializes in Scoliosis, lower/upper back problems and sports related injuries. She has also recently produced her own DVD and booklets, "Yoga for Scoliosis", the "Yoga for Back care" booklet, and a new addition of her book, "Yoga: Anytime, Anywhere" (can be found at [www.ebmyoga.com](http://www.ebmyoga.com)). Her joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise and nurturing.

Elise began her study of Yoga in her twenties, an option she chose over having a rod placed in her spine. At the time, her spinal curve was 41 degrees and she as often in considerable pain. Practicing Yoga regularly since that time, she now finds herself pain free. Elise is much stronger and no longer depressed. "Yoga has given me a sense of being able to live the life I have always wanted to live" says Elise who now devotes her time to helping others do the same.

**January 13–15, 2012**

**\$185** if paid in advance. **\$200** at the door.

Additional class for intermediate/advanced students, \$35, Friday 2–4:30pm

Elise presents her internationally acclaimed workshop on working with scoliosis. This workshop is designed to present information and experience in the ways Iyengar Yoga can be used to meet the challenges of scoliosis. We will include anatomical background on scoliosis, identify each participant's scoliosis, and discuss cause and effect as well as psychological consequences of scoliosis. Participants will learn optimal yoga postures for scoliosis as well as how to adapt specific yoga postures to their scoliosis. By combining the yoga postures with breathing awareness, one can develop more structural alignment of the body and become more symmetrical and balanced. Through yoga, one can find the balance point that allows the scoliosis curve to coexist with gravity and activates the body's natural line.

This workshop is appropriate for anyone with scoliosis whether he/she is currently a yoga student or not. Teachers are urged to attend in order to be more skillfully when assisting their students with scoliosis.

**FRIDAY 7:30–9:30 pm**

Elise will discuss the physical and psychological causes and effects of scoliosis, identify different patterns of scoliosis and introduce basic stretches for their condition.

**SATURDAY 1:30–5:30 pm**

Adjustments and props will be used to assist participants to work with their individual scoliosis. Emphasis will be on lengthening the spine and aligning the body with breath awareness in beginning yoga poses.

**SUNDAY 1:30–5:30 pm**

Participants will continue to learn to work with their particular scoliosis with a variety of yoga poses including standing poses, back strengtheners, twists, inversions and forward bends.

Do you have interest in becoming certified as a "Yoga for Scoliosis" Trainer? The "Yoga for Scoliosis" workshop fulfills 10 hours of the 20 hours required to get started on the Elise Browning Miller "Yoga for Scoliosis" Training Practicum. For more information visit [www.yogaforscoliosis.com](http://www.yogaforscoliosis.com)



**Held at:**

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Call 232-9642 to register.

[www.highdesertyoga.com](http://www.highdesertyoga.com)