

Yoga for Scoliosis Workshop Part 2 with Elise Miller January 6 - 8, 2012 at Yoga Circle, Chicago



Chronicle / Chris Hardy

Part 2, Yoga for Scoliosis

Friday 6 - 9 pm: Review of the anatomy, causes and patterns of scoliosis. For new and continuing level students with scoliosis and teachers who want to learn to assist students with asymmetry and scoliosis.

Part 2, Yoga for Scoliosis

Saturday 1 - 4 pm and 5 - 7 pm,

Sunday 1 - 3 pm: The Part 2 workshop emphasis will be on beginning and more advanced standing poses, back strengtheners and backbends, inversions and twists. Adjustments and props including wall ropes will be used to assist participants to work with their own scoliosis.

Who the Workshop is appropriate for?

Students and teachers who have completed the 10-hour Yoga for Scoliosis Part I or have at least 6 months of training with Elise Browning Miller's DVD, Yoga for Scoliosis. Also, if you are a continuing student of Iyengar yoga or have been instructed by one of Elise Miller's Yoga for Scoliosis Trainers and have an understanding of how to address your scoliosis, you may also attend. Teachers of all levels and systems are welcome and are invited to register their continuing students with scoliosis so that both will have the opportunity to work together under Elise's guidance. If you have not taken Part 1, then you need to attend Friday night before attending Saturday and/or Sunday.

Cost: Friday: \$75

Saturday: \$125

Sunday: \$50

Saturday and Sunday: \$170 (save \$5)

Friday - Sunday entire workshop: \$225 (save \$25)

Hosted by: Yoga Circle

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