



ELISE MILLER

YOGA FOR SCOLIOSIS PART II

February 10-12, 2012 | Larchmont

Friday 7:30-9:30pm (\$55), Sat & Sun 1:30-5:30pm (\$95 per day) | Full Weekend (\$230)

Elise presents her internationally acclaimed workshop on working with scoliosis. By combining the yoga postures with breathing awareness, one can develop a structural alignment, creating a more normal symmetrical alignment. Through yoga, one can find the balance point that allows the scoliosis curve to coexist with gravity and activates the body's natural line.

Elise will do a quick review of the basics from Part 1 Friday night. The 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 bring 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.

Teachers who are interested in getting certified as a Yoga for Scoliosis Trainers?

This 10-hour workshop will complete the 20-hour course requirement to becoming a Yoga for Scoliosis Trainer. If you're not interested in getting certified at this time and have participated in Part I, you're also encouraged to join us in part II to learn more poses to address the needs of your students with scoliosis.

Elise Miller, M.A. in Therapeutic Recreation from the University of North Carolina, is a Senior Certified Iyengar Yoga teacher from Palo Alto who has been teaching yoga throughout the United States and internationally for over 30 years. As a founding director of the California Yoga Center in Mountain View and Palo Alto, CA, Elise teaches classes and workshops specializing in back and sports-related injuries and is a faculty member at the Iyengar Yoga Institute of San Francisco. Elise has successfully used yoga to minimize the effects of her own scoliosis and sees clients privately with scoliosis and other back related problems. 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 B.K.S. Iyengar and Geeta Iyengar in India. Elise's joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise, and nurturing.

TO REGISTER, VISIT YOGAWORKS.COM OR CALL 310.664.6470 X143