



California
Yoga
Center

Friday April 2

7:15-9:15 pm

Saturday April 3

2:00-6:00 pm

Sunday April 4

12:15-4:15 pm

Fees

Full workshop \$230

-or-

Friday session \$50

Saturday \$100

Sunday \$100

541 Cowper Street
Palo Alto, CA 94301

650-947-9642

www.californiayoga.com

YOGA for Scoliosis Part I

with Elise Miller

April 2 - 4 in Palo Alto

This workshop is appropriate for beginning and intermediate students and teachers who wish to assist their students with scoliosis. Also, teachers are invited to bring their students with scoliosis to the workshop. Elise will discuss the causes, effects and patterns of scoliosis. She will introduce how to approach yoga for scoliosis including most beneficial yoga poses. Adjustments and props will be used to assist participants in working with their own scoliosis.

The ten-hour Part I workshop is an opportunity for teachers to begin the twenty-hour course requirement plus practicum to become a Yoga for Scoliosis Trainer.

Please register me for **Yoga for Scoliosis: Part I**

Full workshop \$230 Friday \$50 Saturday \$100 Sunday \$100

Mail this form with check payable to CYC to California Yoga Center
541 Cowper Street, Palo Alto, CA 94301.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____