



generations yoga center™ presents:

Yoga for Scoliosis Workshop

A Workshop with
Sarah Hillenbrand, CYT

date: Sunday, March 7, 2010

Open to All Levels

time: 2:30pm – 5:30pm

pre-registration required:

fee: \$35 (if paid by 2/7/10,
otherwise \$40)

booking code: **WS 157**
call **847-919-0533**



where: Generations
Yoga Center

1231 Green Bay Road
Wilmette, IL 60091

Each of us moves through life uniquely scarred, injured and carrying our particular burdens; some more hidden, others more visible. Scoliosis is an opportunity to directly connect with these gifts and challenges. Yoga offers two essential tools: attention to alignment & the power of the breath to shape your ribcage.

In this workshop discover how scoliosis affects your entire body, not just your back. From head to feet we will map how your body twists and turns. With this knowledge you can lengthen your spine, untwist the rotated sections, and draw the curvatures closer to your midline. Learn how scoliosis loads your muscles asymmetrically and how to adapt yoga poses to awaken, lengthen and strengthen the weak and underused muscles. Practice directing your breath in a similar way, awakening the power in your breathing muscles to help correct your scoliosis.

This workshop is suitable for ALL LEVELS, including those students new to yoga as well as more advanced practitioners. Each student will leave with a map of his/her curves, images to help visualize curve patterns, and a home practice sequence.

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