



generations yoga center™ presents:

Open to
All Levels!

Yoga & Scoliosis Class

For Students That Have Scoliosis
with Sarah Hillenbrand, CYT

Sunday Class:
12:30pm – 1:45pm
(limited to **10** people)

Monday Class:
6pm – 7:15pm
(limited to **5** people)

where:

Generations
Yoga Center
1231 Green Bay Road
Wilmette 60091



fee: \$150 + \$40 for 1/2 hour body
mapping session (if required)*

*Body Mapping to be
scheduled with Sarah **prior**
to start of class

The only one of its kind on the North Shore, this class is specifically for students who have scoliosis.

Each class will work on a specific task related to broadening your awareness and applying that knowledge to asana. All Poses will be modified to activate the weaker muscles of your back and core.

Each class builds on the previous class so clear progress can be seen and felt.

Each group class is limited to a certain amount of people

for maximum individualized attention. Open to all levels.

*Previous attendance at Yoga & Scoliosis Workshop with Sarah Hillenbrand OR one-time
1/2 hour body mapping and orientation **required** for attendance to group class.
Schedule this 1/2 hour session separately with Sarah (cost \$40) prior to the start of the group class.