

# Yoga For Scoliosis-Part 2

INTERMEDIATE WORKSHOP FOR STUDENTS AND TEACHERS  
WITH ELISE BROWNING MILLER  
AT CALIFORNIA YOGA CENTER-MOUNTAIN VIEW  
**December 5th - December 7th 2008**

This workshop is open to students with scoliosis who have 6 months yoga experience either working with Elise on an individual level or with Elise's Yoga for Scoliosis DVD/booklet. Intermediate students of yoga with scoliosis are also welcome who are familiar with the basic poses to address their scoliosis.

This is an ideal workshop designed for teachers who wish to learn more about how to teach students with scoliosis. Teachers are invited to bring their students with scoliosis so that both will have the opportunity to work together under Elise's guidance.

If teachers have completed the 10 hour Yoga for Scoliosis - Part I workshop with Elise, this Part II - 10 hour workshop will complete the 20 hour course requirement to become a Yoga for Scoliosis Trainer.

**Friday December 5th, 7:15-9:15 pm**

Elise will review the basic poses for scoliosis covered in Elise's previous workshops with a review of anatomy of scoliosis and identify each student's pattern of scoliosis.

**Saturday December 6th, 1-5 pm**

**Sunday December 7th, 1:15 pm - 5:15 pm**

Emphasis will be on beginning and more advanced standing poses, back strengtheners and backbends, inversions and twists. Adjustments and props will be used to assist participants to work with their own scoliosis.

**Price: Full Workshop \$260**

**Friday: \$60, Saturday: \$120, Sunday: \$120**

## Registration for Yoga For Scoliosis Workshop Part 2

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Write check to: CYC

For more information: Call (650) 493-1254 or email: [info@ebmyoga.com](mailto:info@ebmyoga.com)  
or see website: [www.ebmyoga.com](http://www.ebmyoga.com), [www.californiayoga.com](http://www.californiayoga.com)

**CALIFORNIA YOGA CENTER**  
570 SHOWERS DRIVE, SUITE 5, MOUNTAIN VIEW, CA 94040. (650) 947-9642

See [www.californiayoga.com](http://www.californiayoga.com) for directions