



The Yoga Solution
20 YEARS

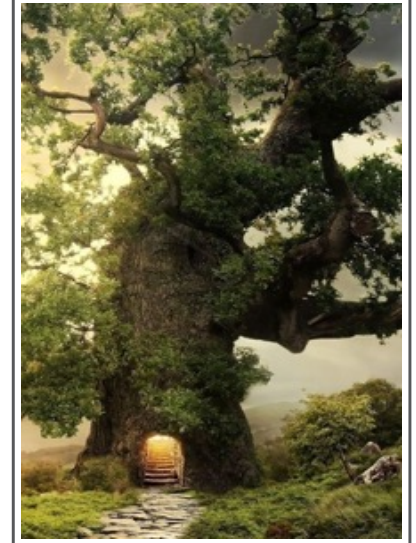
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Yoga For Scoliosis

with
Kim Wagaman



The journey within a yoga practice can be instrumental in potentially limiting the progression of scoliosis. Practicing yoga may also help reduce pain and bring more balance and alignment to a body with scoliosis.

In this hands-on, experiential workshop, intended for teachers and students, we will study the common patterns of scoliosis; its pathology, and some of the psychological aspects of the condition.

We will explore breath awareness, gentle and deep release work –influenced by myso-fascial release and qi-gong, as well as a variety of yoga postures with the use of props to support greater alignment and more physical ease in the body with scoliosis.

For yoga practitioners, this workshop is designed to support those who want to deepen their awareness and understanding of their bodies, and refine the practice of yoga to meet their specific and unique needs.

Teachers and students will also learn modifications to commonly practiced yoga poses that can limit rather than intensify the conditions of scoliosis.

Kim Wagaman's emphasis in teaching is to offer the potential for self-healing with yoga, through a greater awareness of the body mind continuum, and one's own felt experience. Her instruction also emphasizes the cultivation of breath awareness for relaxation, pain, and anxiety management. In asana practice the focus is on releasing tightened and overtaxed muscles, and strengthening weakened muscle groups. Kim is a 500 hour RYT and has participated in Elise Millers Yoga for Scoliosis teacher training multiple times and continues to be influenced by Elise as a teacher. Kim teaches regular classes, Yoga for Scoliosis Workshops, Yoga for Scoliosis series classes, and private lessons.

Date:

Saturday May 20th, 2017

Time:

1:00 - 4:30 pm

Cost:

\$55 if paid by May 8th;

\$65 thereafter.

Cancellations prior to May 14th will be refunded minus a \$10 admin fee;

No refunds after May 14 th. unless a replacement is provided

**For additional information
or to sign up contact:**

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