

# Information

*Location:*

Open Sky Yoga  
5 Arnold Park  
(behind Zen Center)  
Rochester, NY 14607

*Fee:*

**\$750** whole seminar  
(\$695 early bird by July 1)

*Student and seniors 10% discount*



yogawave@rochester.rr.com   www.openskyyoga.com   585-330-7601

Send your registration—bank transfer or charge—to:  
Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip code \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Visa    MasterCard   Name on card \_\_\_\_\_

Credit card number/Expiration date \_\_\_\_\_

Verification Code (three-digit number on back of card) \_\_\_\_\_



# Yoga for Scoliosis

Teacher Training  
PARTS 1 and 2

with

## Elise Miller

August 30 to  
September 2, 2019

**20 hr Training for Yoga Teachers  
Yoga for Scoliosis and Back Care**

## Elise Miller

Elise Browning Miller, M.A. in Therapeutic Recreation from UNC-CH, is a Certified Senior Iyengar Yoga Teacher (CIYT), and is Certified from International Association of Yoga Therapists (C-IAYT). Elise has been teaching yoga throughout the US and internationally for over 30 years. A founding director of California Yoga Center in Mountain View, CA, Elise has successfully used yoga to minimize the effects of her own scoliosis. She has published numerous articles on scoliosis and other yoga related subjects in Yoga Journal and other national magazines. Elise has studied on numerous occasions with the Iyengars in India and specializes in Scoliosis, lower/upper back problems and sports related injuries. Elise co-authored a comprehensive book *Yoga for Scoliosis—A Path for Students and Teachers*, as well as a Yoga for Scoliosis DVD and booklet, *Yoga for Back Care* booklet, and her book, *Yoga: Anytime, Anywhere*. Her joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise and nurturing.



For more information about Elise and her workshop schedule, visit [www.yogaforscoliosis.com](http://www.yogaforscoliosis.com) and [www.ebmyoga.com](http://www.ebmyoga.com).



## About the Workshop

Elise Miller presents her internationally-acclaimed workshop on working with scoliosis. This 20 hour workshop is designed to present information and experience in the ways that Iyengar Yoga can be used to meet the challenges of scoliosis. We will include an anatomical background on scoliosis, identify each participant's scoliosis, and discuss cause and effect as well as psychological consequences of scoliosis. Participants will learn optimal yoga postures for scoliosis as well as how to adapt specific yoga postures to their scoliosis. By combining the yoga postures with breathing awareness, one can develop more structural alignment of the body and become more symmetrical and balanced. Through yoga, one can find the balance point that allows the scoliosis curve to coexist with gravity and activates the body's natural plumb line.

**\$750 / \$695 Early Bakasana by July 1**

*Includes a \$200 non-refundable deposit*

**4 days: August 31 to September 2, 2019**

**9 -noon, 2 - 4pm**

*Become a Yoga  
for Scoliosis Trainer!*

*This workshop is open to the public and also those seeking teacher-training credit. This 20 hour teacher training program will include information on the physical and psychological causes and effects of scoliosis, the use of specific adjustments and props for each individualized scoliosis, and sequences of beginning and intermediate poses designed to reduce pain and create better postural alignment of the body for those with scoliosis.*

