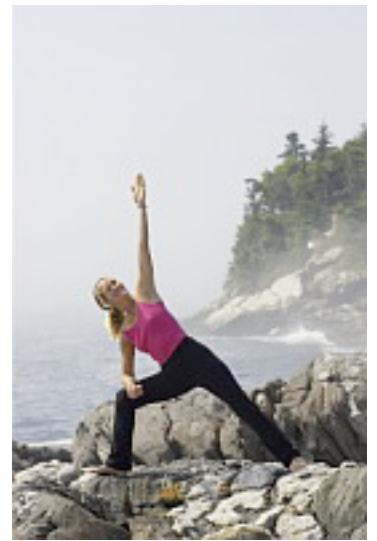




SCOLIYOGA™

Joining Ancient Wisdom with Modern Medicine

Weekend Workshop  
Yoga for Scoliosis and  
Spinal Fusion  
with Ellen Kiley



Location: National Scoliosis Foundation 5 Cabot Place Stoughton, Mass 02072

Date: June 24,25,26 Registration: Call 781-341-6333. Cost: FREE public talk (Friday eve.) \$40 per workshop session; \$150 for entire weekend. All students and teachers welcome.

Ellen Kiley CYT founder of Scoliyoga (TM) is a nationally-recognized yoga teacher who was diagnosed with idiopathic scoliosis in childhood. Her inspiring story of healing through yoga and Western medicine was featured in Yoga International journal. She teaches people with scoliosis and special needs how yoga can be adapted to improve flexibility and relieve pain, and to create a “core” that is centered and strong. You can learn more about Ellen and contact her on her website: [www.Scoliyogi.com](http://www.Scoliyogi.com)

Friday June 24, 7 - 9 pm: Introductory Discussion: Yoga for Scoliosis (FREE) Sharing scoliosis stories, getting a basic overview of this approach to Yoga, and answering questions about Yoga and Scoliosis.

Saturday June 25, 9 am - Noon: Basics of Scoliyoga, Working with Breath ~ We will focus on specific breath techniques which allow students to practice safely and with ease. Learn to apply breath techniques to basic standing postures and supine poses to stretch and strengthen, improve symmetry, and relieve pain.

Saturday June 25, 2 - 5:00 pm Chakras and Energetic Alignment: The Essence of Scoliyoga People with scoliosis may not be “aligned” in their external form, but we can learn to move from a centered core within, and come to feel more powerful, graceful and whole. We will learn how to create awareness of specific anatomical points along the spine, and connect them with dynamic, energetic flow.

Sunday June 26 10 - 1:00 Scoliyoga Vinyasa Flow Practice: Putting it All Together Review Basic Scoliyoga poses, and proceed through a vinyasa-style Scoliyoga practice, linking each movement with a sweet and steady flow of breath. We practice with the intention of alignment from within.

Sunday June 26: 3 - 5 pm Refining Control of the Core: The Ancient Practice of Pranayama Learn ancient breathing practices which finely tune the mind and body to improved postural proprioception.