ELISEMILLER

NOVEMBER 2-4, 2012 | LAGUNA BEACH

\$35 Friday | 6-8pm **\$55** Saturday/Sunday | 1:15-4:15pm **\$130** Full Weekend



BACK CARE

Many people come to yoga for relief of back pain, whether it be as minor as neck or lower back tension or as serious as severe scoliosis. Often the pain can be chronic rather than from a specific injury or condition. Done with the correct emphasis, yoga can be extremely successful in alleviating the pain for mild or serious conditions.

This workshop will address how to use yoga to increase strength and flexibility in the back focusing on the relationship between the spinal column, the pelvis and the shoulder blades. Elise will teach both classical and modified asanas, which are particularly beneficial for back conditions such as lower back pain, disc disease, sciatica, upper back / neck tightness and scoliosis. Anatomy will also be discussed in relation to the poses taught. Teachers wishing to enhance their skills with an emphasis on back care are welcome.

TOREGISTER VISIT YOGAWORKS.COM OR CALL 310.664.6470 x125



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Friday, November 2 • 6-8pm

Elise will provide guidelines of how to do yoga for back care and how to incorporate those principles into your practice. Focus will be on how to increase muscle flexibility and create length in the spine. The class includes anatomical explanations and yoga practice with a focus on breath awareness.. Appropriate for any level, even for someone with no yoga experience.

Saturday, November 3 • 1:15-4:15pm

Yoga is a powerful tool for relieving back pain as well as teaching us how to mobilize, align and strengthen our backs. Elise will teach how to apply "yoga for back care" principles to various yoga poses, focusing on lengthening and strengthening the back. Special attention will be given to the lower part of the back where there is often back pain due to disc disease, sacroiliac issues or scoliosis. All levels can attend.

Sunday, November 4 • 1:15-4:15pm

Elise will continue to explore poses like standing, twists and backbends for back care. This class will emphasize asanas that address poor posture and tightness in the upper back area, as well as reversed neck curve, shoulder dislocation, scoliosis and kyphosis. All levels can attend.

Elise Miller, M.A. in Therapeutic Recreation from the University of North Carolina, is a senior certified lyenga yoga teacher who has been teaching since 1976. She has also had the honor of studying with B.K.S. & Geeta lyengar in India. Elise teaches classes and workshops specializing in back and sports-related injuries and is a faculty member at the lyengar Yoga Institute of San Francisco. She has successfully used yoga to minimize the effects of her own scoliosis and has published numerous articles in Yoga Journal and other national magazines. www.ebmyoga.com

