



Elise Miller Workshop

January 8 - 10, 2010

Friday 3-5pm \$50
Class for Teachers

Friday 6-9pm \$75 **Review of Anatomy, Causes and Patterns of Scoliosis** - for new and continuing level students with scoliosis and teachers who want to learn how to assist students with asymmetry and scoliosis.



Saturday 2-5pm \$75 **Establishing a Personal Practice** - standing poses, back strengtheners and basic twists.

Sunday 9am-1pm \$100 **Sharpening Your Edge** - standing poses, back bends & inversions - for continuing students ONLY who have studied with Elise, practiced her DVD/booklet, or attended Friday night (no new students).

Sat & Sun \$160. All 3 \$235. New teachers receive 10 hours credit (towards 20 hr requirement of Yoga for Scoliosis teacher training) for attending entire workshop. Continuing teachers will receive 5 hrs credit for attendance in full.

Pricing for all four classes is \$285.



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