



Marcia
MONROE

Intensive Workshop : 1-2-3 June 2018

“Yoga for Scoliosis and Asymmetry”

About the workshop

This workshop includes both practice and study.

Though designed primarily for those who have scoliosis or another asymmetry, it will interest other practitioners, whether teachers or students, who wish to gain deeper knowledge about the body and its movement.

The principle of individual alignment will be our approach to a program of basic yoga poses. The healthy elongation of the spine and the awareness of the breath in its tri-dimensional expression will be our goals.

About Marcia

Marcia Monroe comes to us from New York City. She is a certified Iyengar Teacher, and the author of *Yoga and Scoliosis : A Journey to Health and Healing*, with a foreword by B.K.S. Iyengar (Demos Medical Publishing, NYC).

She holds a degree in Dance and Movement Studies from the State University of New York, is registered as a Somatic Movement Therapist (ISMETA) and is further certified by the methods of Body Mind Centering® and Feldenkrais® (RSMT).

The Schedule

Friday June 1, 2018	Saturday June 2, 2018	Sunday June 3, 2018
	12: 30 – 3:30 pm : practice	9-12 am : practice
4 pm : Welcome desk opens	3 : 30 - 5 : 30 pm : break	12-2 pm : break
5-8 pm : Introduction and practice	5: 30 – 7:30 pm : practice	2-5 pm : practice and closing

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