



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 lyengar Teacher, and the author of Yoga and Scoliosis: A Journey to Health and Healing, with a foreword by B.K.S. lyengar (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

| Saturday June 2, 2018 | Sunday June 3, 2018 |
|-----------------------------|--|
| 12: 30 – 3:30 pm : practice | 9-12 am : practice |
| 3:30-5:30 pm:break | 12-2 pm : break |
| 5: 30 – 7:30 pm : practice | 2-5 pm : practice and closing |
| | 12: 30 – 3:30 pm : practice 3: 30 - 5: 30 pm : break |

<u>FEES</u> /1 session = 60€; 2 sessions = 110€; 3 sessions = 160€; 4 sessions = 210€; 5 sessions = 250€ LANGUAGE/ Marcia will teach in English. A French translation is available. VENUE / We are situated at 91, rue du Faubourg Saint-Martin 75010. Open the coach door (1492) back of the courtyard on the right. All practice materials are supplied. <u>PRIORITY</u>/ Registration is on order of arrival of your reservation check for the total fees of your chosen sessions. If the workshop is full, we will put you on a waiting list, or send you back your check, according to the instructions you give us on the registration form. CANCELLATION/ Full refund if cancellation is before May 1st, 2018. After that date no refund can be made. Further information: dameliotoni@gmail.com HOW TO REGISTER/ Send: The filled out form, your reservation check made payable to DSYI, and a stamped, self-addressed envelope Yoga Iyengar 91, at 91, rue du Faubourg Saint-Martin 75010 PARIS Cut along the dotted line --- --- --- --- --- --- --- --- ---**Registration Form** Marcia MONROE Workshop June 1-2-3, 2018 « Yoga for Scoliosis and Asymmetry" Paste your photo Surname Given Name Mobile Phone Fmail I am the student of____ ____and have been practicing since___ Here, give us information about any physical restriction: Give us the details for your receipt if you need one: _____ Check the apposite box, and send us a check for the total amount of your sessions to reserve your place: I register for 1 session (Friday) and enclose a reservation check made payable to DSYI for <u>60€</u>

I register for 1 session (Friday) and enclose a reservation check made payable to DSYI for 60€
 I register for 2 sessions (Saturday or Sunday) and enclose a reservation check made payable to DSYI for 110€
 I register for 3 sessions (Friday and Sunday or Friday and Saturday) and enclose a reservation check made payable to DSYI for 160€
 I register for 4 sessions (Saturday and Sunday) and enclose a reservation check made payable to DSYI for 210€
 I register for 5 sessions (Friday, Saturday and Sunday) and enclose a reservation check made payable to DSYI for 250€

Your instructions to us regarding the waiting list :

- □ If there is no place left on the day or days I register for, I wish to be placed on a waiting list
- If there is no place left on the day or days I register for, please send me back my reservation check