



California  
Yoga  
Center



*“By combining the yoga postures with breathing awareness, one can develop a structural alignment, creating a more normal symmetrical alignment. Through yoga, one can find the balance point that allows the scoliosis curve to coexist with gravity and activates the body’s natural line.”*

Elise Miller

1776 Miramonte Avenue  
(Blossom Valley Center)  
Mountain View, CA 94040

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# YOGA for SCOLIOSIS & LOWER BACK Using the Ropes

## Sunday Feb 26 1:30-5:30 pm

### With Elise Miller in Mountain View

Yoga is a powerful tool for relieving back pain. This class is designed for students of all levels who need careful attention given to their backs. We will identify and practice postures that emphasize both the strength and flexibility of the spine and lower extremities. Anatomy will be discussed as pertinent to the poses we learn. Elise will also teach poses using the yoga wall rope system that can help with scoliosis and lower back issues. Suitable for students and teachers, all levels.

**Fee is \$75 in advance; \$85 on day of event.**

Register online or by mail for **Scoliosis & Lower Back February 26.**  
California Yoga Center, 1776 Miramonte Ave, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Telephone / e-mail \_\_\_\_\_