

# Yoga Therapy for Scoliosis

Saturday, February 13th | 2:00-4:30pm | \$40

Call 303.652.0463 to Register

The practice of yoga, with its physical postures, relaxation and breathing techniques offers many physical benefits for one who has scoliosis. The body with scoliosis develops a sophisticated way of compensating. However, with proper instruction, it also can learn a more symmetrical way of being. By using yoga postures and breathing techniques, one can develop a more ideal and symmetrical structural alignment.

In this workshop we will stretch muscles that have tightened and strengthen muscles that have become weak, aiding the body to find more symmetry. We will open our hearts to accepting ourselves, and finding our own individual alignment and center. The result leads to better posture, less pain and an improved quality of life.



Asha Wolf holds a Doctorate in Physical Therapy and has been teaching yoga for over 18 years. She leads workshops throughout the country, and has a private physical rehab practice.

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