

Yoga With Scoliosis

**Weekend Workshop with
Sonya Luz Costanza
Strengthen, Lengthen, and Restore**

For yoga students with scoliosis to learn how to work with their asymmetries in yoga postures and daily life. This awareness brings structural alignment, relieves discomfort, halts progression of the pattern, and in many cases, decreases lateral curvature and rotation of the spinal column.



For teachers who want to learn how to work with students who have scoliosis so the yoga practice can help them find ease and stability, rather than exacerbate their asymmetries.
Qualifies for 8 YA CEUs



May 19-21, 2023

**Aurafitness
1337 Gusdorf Road
Taos, NM
(575) 758-8007**

Yoga With Scoliosis

Schedule

Friday, May 19

3:00 - 5:00 PM

Introduction. Traction and Action / Length and Strength

Saturday, May 20

10:00 AM - 12:00 PM

Lateral Movements and Side Bending

4:00 - 6:00 PM

Rotating and De-rotating

Sunday, May 21

9:00 - 11:00 AM

Back Arching and Supported Inversions

Classes Accommodate All Levels and Abilities



Pricing



Early-Bird Price (Before March 19)

\$200

Regular Price (After March 19)

\$260

Drop in Price (Friday Only)

\$60

There are a few
scholarships available.
Email
yoga@sonyaluz.com to
apply or for general
inquiries.

Payment can be made through [PayPal HERE](#) or at the studio.
Please specify "for Scoliosis" in PayPal comment area.