

Yoga for Hyper-Kyphosis with DL

Saturday, October 13, 2018

2-5 pm, cost: \$50



Pain in your shoulders, neck and upper back? Forward head carriage? Slouching, hovering over desks, and driving can cause stress to the upper body and spine, further complicated by aging and a range of other issues. If left unchecked, the spine can progress into an abnormal position called Hyper-Kyphosis. This workshop will present techniques to address this condition, and help re-pattern the upper spine into a more normal curve. A take home manual will be distributed!

Suitable for all levels. Students should be able to move up and down from the floor easily.

Garden of Yoga

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Nancy DL Heraty specializes in Yoga for Scoliosis, Yoga for Back Care and Yoga Therapeutics for those with specific issues and ailments. She is a Certified Yoga Therapist with IAYT, and comes from a background in classic Hatha Yoga with emphasis on alignment. DL trained with Senior Iyengar Teacher Elise Miller to become a Yoga for Scoliosis Trainer in 2010. She also co-authored the new book, "Yoga for Scoliosis, a Path for Teachers and Students" with Elise and offers classes and workshops in the Chicagoland area for those with Scoliosis. DL has trained extensively with renowned master teacher Gabriel Halpern at Yoga Circle in Chicago since 2006. DL's personal practice is based on the teachings of B.K.S. Iyengar. She continues to study with senior teachers to maintain a current, informed and fresh approach to yoga. Contact DL with questions at: www.yogajourneystotheheart.com

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