

Yoga to Soothe Sciatica

Saturday, November 2, 2019

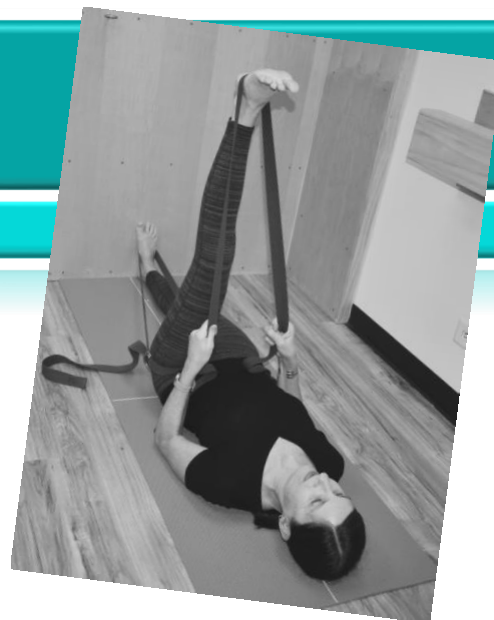
2-5 pm, cost: \$60

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Explore through Yoga techniques that can help soothe the painful symptoms of Sciatica. Learn general anatomy of the areas affected by the sciatic nerve, how patterning and posture can affect it and most importantly how to begin to correct those problems with yoga asana and breathing techniques.

***Suitable for all levels of yoga practice. Not suitable for those in acute or extreme pain (you may need a private session), or those who may have trouble getting up and down off the floor.*



Nancy Fox (formerly DL), C-IAYT

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. Nancy 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 and Back Issues. Nancy has trained extensively with renowned master teacher Gabriel Halpern at Yoga Circle in Chicago since 2006. Her 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 Nancy with questions at:

www.yogajourneystotheheart.com

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