



**Join TOPS and Deborah Wolk for
this first time workshop!**

Yoga, Scoliosis and the Nervous System

with Deborah Wolk from New York City

**This workshop will be held in the Comox Valley
on beautiful Vancouver Island**



Friday July 8 to Monday, July 11, 2016

\$650+tax (CAN dollars) includes workshop, double accommodation and some meals.

For more information, registration, and directions, map and pictures of location, go to:
www.twistedoutreachproject.com

The scoliotic spine affects not only the bones and muscles but also the nerves—the feedback from the right and left sides of the curves is not the same. The eyes are not level and the sense of internal and external space is distorted. Some of the most powerful asana directions for students with scoliosis are ones directing and retraining the nervous system. In this workshop, you will learn to practice so your spine follows your eyes and is redirected by props, walls and other external stimuli. By the end, you'll find you have more extension, alignment, and balance as a result of practice than ever before. This weekend retreat in a beautiful Vancouver Island studio equipped with a rope wall and plenty of props will be a perfect way to focus as you realign your brain.

Having practiced yoga since 1994, Deborah found that practicing alignment-based yoga could control back pain and arrest the progression of her scoliosis. She has been teaching students with scoliosis and other back conditions since 2000 in New York City, nationwide and in Europe. She was the co-Founder and co-Director of New York's Yoga Union for BackCare and Scoliosis and has recently founded the Samamkaya Yoga for Backcare and Scoliosis Collective.

