

# Anatomy & Yoga for Scoliosis

*with Lorraine Aguilar, P.T. RYT 500*

**Saturday & Sunday March 19 & 20, 2011**

**2:30-5:30pm - \$140**

Enjoy learning in this informative and experiential workshop combining lecture and practice for teachers and students. Learn anatomy of the spine and scoliosis. Explore essential alignment principles and asanas for working with scoliosis.

To reserve your place,  
please send your check to: **Yoga Flow Studio**  
977 Glen Cove Avenue  
Glen Head, NY 11545

516-656-0672 • [yogaflowstudio@gmail.com](mailto:yogaflowstudio@gmail.com) • [www.yogaflowstudio.com](http://www.yogaflowstudio.com)

Register by March 12, 2011.

Lorraine Aguilar is the director/founder of Yoga Flow Studio. She has been a practicing physical therapist since 1991 and specializes in Orthopedic Manual therapy and yoga Therapeutics. Lorraine has been practicing yoga since 1992 and teaching since 1995. She is an Anusara inspired teacher and certified through Beryl Bender Birch and the Hard & the Soft Institute.

She has combined her skills & knowledge to create a unique and holistic private practice. Lorraine teaches Anatomy for yoga for a number of Yoga teacher trainings as well as offers a year long training in Anatomy for yoga.

