

Mindful Movement for Scoliosis

November - December 2022



Dates: 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

This yoga workshop will focus on building strength, increasing mobility, and improving stability through yoga postures, a series of movements, and breath work. Each class will be structured based on Little Flower Yoga's 5 Elements: Connect, Breathe, Move, Focus, and Relax. Mindfulness and meditation will be woven throughout to build greater self-awareness, improve attention and focus, and create a sense of self-empowerment.

Instructor: Tricia Coleman is a certified yoga instructor for children and teens aside from being a full-time licensed speech language pathologist. She completed her 95-hr coursework through Little Flower Yoga and has over 10 years of experience in various forms of yoga. Having scoliosis herself, it is her passion to share this practice with others to create an empowered community. Outside of yoga, Tricia enjoys keeping up with her Irish Setter pup, playing music, going to the gym, traveling, and being in nature.

\$90 for Workshop Series or \$18 per class.

Due to being on a Saturday, please pay in advance or please bring cash or check on the day of class.

*Masks required