

# Garth McLean

## Yoga and Multiple Sclerosis

### About Garth

Garth McLean, an Intermediate Junior III Iyengar Yoga teacher, will be teaching a workshop on managing Multiple Sclerosis with Iyengar Yoga.

Diagnosed with MS in 1996, Garth has successfully managed the condition for over 15 years with a disciplined yoga practice based on the guidance of BKS Iyengar and family. Garth's determination and daily practice have played an integral role in keeping his MS symptoms in remission. This has motivated Garth to share his experience with others with MS and their teachers. He has served as a guest teacher at the 2009 France Iyengar Yoga Teachers' Convention in Sommierres, France and in 2011 at the Spain Iyengar Yoga Teachers' Seminar.



### About the Workshop

During the two day workshop, Garth aims to guide those affected by MS who already attend classes, as well as open up the possibilities of Iyengar Yoga to those who have limited or no prior experience. (All workshops open to all. Saturday is recommended for new students to yoga).

The aim of these sessions is to offer students an experience and an understanding of ways in which Yoga can help to alleviate many of the common symptoms of MS.

The workshop will also be of tremendous benefit for regular students or teachers of Iyengar Yoga who are interested in learning more about how to manage MS and other similar conditions which create symptoms such as fatigue, spasticity, numbness and unsteadiness, amongst others.

### Session Times: Sydney

#### Friday April 27

2 – 5pm. Teachers PD

First priority given to those who are JI and above.

Introductory certified teachers are also welcome, space permitting.

#### Saturday April 28

12.15 to 2.45pm. Session 1

4.45 to 6.45pm. Session 2

#### Sunday April 29

10.45 to 1.15pm. Session 1

4.00 to 6.00pm. Session 2

### About the Sessions

#### Morning sessions

Based on some of the classical yoga postures, adapted to the needs of students with MS.

#### Afternoon sessions

Focus more on the restorative aspects of Iyengar Yoga. Postures and breathing techniques that effect and offer a sense of relief to the parasympathetic nervous system.

## **Cost**

One day \$75

Two days \$140

Friday PD session \$65

Full weekend incl. Friday session \$195

## **Venues**

### **Sydney**

Balmain Iyengar Yoga Studio

Corner of Phillip and Spring Streets, Balmain

E. [info@balmainyoga.com](mailto:info@balmainyoga.com)

P. 02 9810 4510

### **Melbourne**

Yarraville Yoga Centre

E. [info@yarravilleyoga.com](mailto:info@yarravilleyoga.com)

P. 03 9687 4418

\*Melbourne's Workshop will begin April 21.

## **More Information**

Visit Garth at <http://www.yogarth.com>

Visit the Balmain Iyengar Yoga Studio website at <http://www.balmainyoga.com>

A video of Garth's practice and discussions can be viewed by searching for the video *Courage and Caution* on Youtube.

Advance booking is recommended as spaces are limited.