

april 20&21 garth mclean yoga & multiple sclerosis



Garth McLean, an Intermediate Junior III Iyengar Yoga teacher, will be teaching workshops 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 3-hour 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. (General workshop on Saturday is recommended to all, including students new to yoga).

This session offers 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.

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

Follow "Press" link to see the video *Courage and Caution*

Session Times

**Friday April 20
Teachers Professional
Development 2 – 5pm.**

First priority given to those who are JI and above. Introductory certified teachers are also welcome, space permitting.

**Saturday April 21
General Session 1.30pm–4.30pm**

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

Friday PD session \$65

Saturday general session \$45

**Booking essential
Yarraville Yoga Centre**

Upstairs,

36 Ballarat St, Yarraville 3013

Phone 96874418

www.yarravilleyoga.com.au

info@yarravilleyoga.com.au