

# 2025

## IYENGAR YOGA THERAPEUTICS PROGRAM FOR CHRONIC AILMENTS

“experience based science, evidence based medicine”

### Therapeutic Yoga Workshops

Learn the Pose Series for Your Disorder  
*mild to moderate issues*

• **Sundays • 1:30 - 4:30 pm •**

In-Person @ Studio: 1/\$65 • 3/\$140

**Via Zoom Streaming: 1/\$40 • 3/\$99 • Scholarships**

B.K.S. Iyengar awakened the global public to yoga medicine.

Millions have benefitted. IY attenuates disease patterns, symptoms, risk and accesses personal assets to mend root causes of ailments. What more can you ask for than better?

Mar 2, 16	• Neck Whiplash
Apr 6, 13	• Flat Neck Curvature
Apr 27	• Embody Peace
May 4, 11	• Degenerative Disc Disease
Jun 8, 15	• Idiopathic Scoliosis
Sep 7, 14	• Spinal Traction - Head to Tail
Oct 5, 12	• Graves Disease/Hyperthyroidism
Nov 2, 9	• Stuck Shoulder Release
Dec 7, 14	• Relief of Bone-on-Bone, Hip Pain



### Therapeutic Yoga Clinics

Feel Better • Get Well • Stay Well  
*mild to moderate issues*

In-Person @ Studio: 6/\$360 • 10/\$550

Zoom Streaming: 6/\$300 • 10/\$400 • Scholarships

Mondays	11 - 1 noon	AntiAging Body & Regeneration
Tuesdays	4 - 6 pm	Spinal & Other Orthopedic
Wednesdays	4 - 6 pm	Chronic Medical Ailments
Saturdays	1 - 3 pm	Spinal & Other Orthopedic

### Private Consultations

Rehabilitate the Impossible  
*moderate to severe disorders*

**Marin: Mon/Wed/Fri • 11-4 pm; Tu/TH 9- 3**

**1 Hour Consult / \$200 • Book Online or Call us**

Palliative care makes many give up on getting better.

Iyengar Yoga gives tenfold benefits plus relief.

Therapeutic yoga was paved by those seeking higher ground, who got better and regained health.

Welcome to Iyengar Yoga!

Instructor  **Evlaleah**

Months after a fall as a dancer (last semester at USF), a scan revealed burst lumbar discs and dismantled vertebrae falling onto my spinal cord; MDs said paraplegia was inevitable. A memory surfaced that made me escape the hospital / surgery: watching my teacher, B.K.S. Iyengar (1 of 60 most influential heroes, 20<sup>th</sup> C. (Time Mag/O3) save his “hopeless [ill & injured] cases’ at RIMYI. I was a hopeless case! At RIMYI, he mended my spine, then asked I do “for others what he did for me.” “I poured volumes in your head!” he said. I brought *Yoga for Back Pain* to America, 1980. MDs named YFBC the #1 back care program/SF Bay Area as of the 1990s.. In 1994, B.K.S. put me in remission from Graves disease (chose yoga over ingesting radioactive iodine). My Guru’ mentoring enabled me to demonstrate clinical proofs [remission of injury/efficacy] of his methods in research/UCSF.

Can yoga save your life too? Why not?!

**MarinlyengarYoga.com • 649 Meadowsweet Dr. Corte Madera 94925 • 415 626-8441**

## Yoga Clinics

Each Yoga Clinic is a safe, supportive, interactive, environment where, according to each person's systemic, spinal or other orthopedic problem and its accompanying symptoms, an abundance of teaching, applied learning and practice happens. Students practice their pose script, working as a group or by themselves, mastering a pose, a pose series or particular actions pertinent for them. Sometimes two or more with the same / similar diagnosis work as a team. Students practice what they are taught week at home. Evlaleah stays alert to students' changes and give new actions and poses so benefits accrue: relief, improved form, function and fitness to go past disorders.

## Chronic Degeneration or Resplendent Freedom?

We can carry on in misery with physical pain, but why should we? Our bodies prefer mobility and freedom. Humans are naturally amenable to therapeutic actions that restore motion and bring resounding relief, even if a body has chronic changes. No ailment is a foregone conclusion. Let the body have what it wants! When a patient hankers for change, a teacher can guide the physical steps that repair injured tissues, joints and organ systems. The diagnostic and therapeutic methods of Iyengar Yoga pinpoint the exact measures to step back degenerative mechanisms. With some practice, a patient can replicate a teacher's adjustments, take on new poses and skip to the finish line of 'better..'

## .....2025 • Therapeutics Workshops for Chronic Ailments.....

### Mar 2, 16 • Neck Whiplash

A cascade of bothersome to debilitating symptoms amass as of the minuscule auto crash, moment (15Mph+) that accelerate aging of the neck. These workshops poses restore cervical curve, vertebral alignment, length, rotation and freedom of the neck, and are preventative of arthritis.

### Apr 6, 13 • Flat Neck Curvature

The splendid rotation and remarkable number of neck movements that the Atlas-Axis joint and neck curve allow, facilitate ease in us carrying out everyday functions and more. A flat neck deforms posture, is painful and undermines quality of living, if lost, join others with the same issue and experience the big improvement that is possible in hours.

### Apr 27 • Embody Peace

••• *The Secrets of Yoga are not given. They come to us.* ••• Geetaji Iyengar. A pause of stillness to soak in the sensation of peace after each pose quiets the brain, pacifies the sympathetic nervous system, cultures neuroplasticity and turns on an intuitive GPS to steer us to peace - body, mind and soul - in every day life.

### May 4, 11 • Lumbar Degenerative Disc Disease

What if we could thwart DDD (degenerative disc disease of your low back by taking right steps? Would you climb them? What others have achieved against odds is not beyond us. This workshop teaches the methods and poses that regenerate spine resilience. You can renew and extend your spine's health and longevity and feel much better. It's time!

### Jun 8, 15 • Idiopathic Scoliosis

This series is preventative of unwanted procedures, degeneration and builds the strength and stability needed to reform spinal alignment, quash compressive forces and relieve pain. With education and training students develop confidence to practice therapeutic yoga poses with precision as their daily dose of medicine.

### Sep 7, 14 • Spinal Traction – Head to Tail

Multi-directional traction imposes space and relief as it repairs injured and compressed discs, soft tissue and nerves. Disc bodies return to neutral positions, sizes and shapes and have the space needed for seamless comfort, spinal resilience, spinal health and longevity.

### Oct 5, 12 • Graves Disease – Hyperthyroidism

Poses for hyperthyroidism transform aberrant glandular / mechanisms while reestablishing normal body temp, heart rate, blood pressure, vision, appetite and mood. Regular practice takes a student to remission. B.K.S. put me in remission from Graves in 1994. I have done the same for many others as he taught me. B.K.S. Iyengar healed my hyperthyroidism, 1994. Since then I've done the same for others as he requested.

### Nov 2, 9 • Stuck Shoulder Release • Baby steps

surgery says: "*bone on bone?*" If we open/release the inner cusp, chest, ribs, traps and upper back muscles, align related joints and reestablish blade and thoracic function, synovial fluid will flood the socket, hydrate its lining and a wellspring of biological changes will restore motion-function, impede degeneration and quiet pain!

### Dec 7, 14 • Relief of Bone-on-Bone, Hip Pain

On one hand, there's hip replacement. On the other is a set of gentle, regenerative and relieving poses that restore socket space, lubricate and plump the hip's inner lining, and, improve shock absorption - all by natural and safe means that give a ticket to ride away from hip degradation. All aboard!