

# YOGA FOR BACK CARE WEEKEND

## with DEBORAH WOLK

**SATURDAY AND SUNDAY MARCH 21 & 22, 13:00-17:00**  
**€45 EACH DAY OR €80 FOR BOTH DAYS**

**SATURDAY IYENGAR YOGA ZENTRUM BERLIN,**  
HOCHKIRCHSTRASSE 9/2, AT THE CORNER OF GROSSGOERSCHENSTRASSE, IN SCHOENEBERG [WWW.IYENGAR-YOGA-ZENTRUM-BERLIN.DE](http://WWW.IYENGAR-YOGA-ZENTRUM-BERLIN.DE)

**SUNDAY STUDIO KATHRIN REDMER "YOGA YOGA"**  
ERKELENZDAMM 27, BERLIN [WWW.YOGAYOGA.DE](http://WWW.YOGAYOGA.DE)

It has been said that most students who embark on a yoga practice do so to address back pain or other back problems. Yoga, practiced with a specific focus can be the key to alleviating pain and creating more balance in the body. In this 2 day workshop, Deborah Wolk, Founder and Program Director of Samamkaya Yoga Back Care & Scoliosis Collective in New York City will teach ways to address and heal all types of back pain and alignment issues such as disc herniation, spondylolisthesis, scoliosis, swayback, whiplash and kyphosis.



**SATURDAY'S PROGRAM** will focus on Sagittal plane issues such as kyphosis and lordosis, spondylolisthesis, as well as other common issues such as disc herniation and pain in the lower back, shoulder and neck.

**SUNDAY'S PROGRAM** will focus on the lateral and rotational plane including scoliosis as well as pelvic torque, SI joint dysfunction and other asymmetries.

**Both days will include spinal anatomy and appropriate modifications in Asana.**

All levels including brand new beginners and teachers are welcome.



### DEBORAH WOLK

Having practiced yoga since 1994, Deborah found that practicing alignment-based yoga could control back pain and arrest the progression of her scoliosis.

That awareness inspired her to complete Alison West's Yoga Union Teacher Training in 2000. Deborah then studied Yoga and Scoliosis with Bobbie Fultz, completed Karin Stephan's Advanced Studies Program in Therapeutics and Healing in 2003 and was certified as a Yoga for Scoliosis trainer through Elise Browning Miller's Yoga & Scoliosis Teacher Training in 2005. Deborah also assisted her primary teacher Genny Kapuler for 10 years and studied in Pune India with the Iyengar family in December 2007.

Since 2002 Ms. Wolk has taught Yoga & Scoliosis and Yoga for Back Care workshops in New York City, nationwide and in Europe. In 2003 she created the first weekly Yoga & Scoliosis class on the East Coast. Weekly Back Care classes are offered at Yogasana Center for Yoga in Boerum Hill, Brooklyn.

In 2007-2014 with Alison West, Ms. Wolk Co-Founded and Co-Directed the successful Yoga Union Center for Backcare and Scoliosis and instituted a wide variety of classes for students with back problems and scoliosis including the first Yoga & Scoliosis classes for children and Yoga & Scoliosis for students with Harrington Rods and other spinal fusions. Descriptions of Deborah's classes have been written up in YogaCity NYC, The New York Times as well as by the now (in)famous writer Emily Gould!

January 1 2015 marked the opening of Samamkāya Yoga/Back Care & Scoliosis Collective. Deborah founded this workers cooperative to simultaneously offer a unique boutique style center exclusively devoted to Back Care & Scoliosis and to support the amazing and talented faculty there.

**Please contact [dwolkyoga@gmail.com](mailto:dwolkyoga@gmail.com) to register.**

For more information on Samamkāya please visit [www.samamkayabackcare.com](http://www.samamkayabackcare.com)