

Sunday, September 9, 2018

Yoga for Scoliosis - A Dancer's Perspective

Company: Jen Gorman Wellness
Venue: Samamkaya Yoga Back Care & Scoliosis Collective
Location: New York, NY

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This workshop is for dancers and movement artists with scoliosis as well as educators.

During this class we'll develop a common language to discuss scoliosis as well as an awareness of our own individual scoliotic pattern. Jen will then introduce the concepts of yoga for scoliosis as well as key poses to address scoliosis, muscular tension, and pain patterns. We will discuss why yoga for scoliosis leans towards an Iyengar-based practice and how these concepts might be applied to dance.

Jen will use the following principles to create a refined sense of alignment and center during the workshop:

Awareness – The first step to working with scoliosis is to develop an awareness of your own unique curves.

Breath – Using the breath in specific ways and places can help release muscular tension and calm the nervous system.

Elongation – Elongation with the assistance of inversions and gravity can help reduce the curves, release tension in the muscles, and increase space between the vertebrae.

De-rotation – Twisting from a specific area of the back can help de-rotate the spine and loosen tight back muscles.

Strength – Building strength will help sustain and support the new pattern developed through elongation and de-rotation of the spine.

Don't miss this amazing opportunity to learn alongside other dancers who have scoliosis at [ayoga studio](#) designed to teach those with scoliosis.

[Jen Gorman](#) has had the honor of working with the highly acclaimed Susan Stroman, renowned director Anne Bogart, Broadway legend Ann Reinking, and numerous highly esteemed choreographers, including Lar Lubovitch, Shapiro & Smith, and Melissa Thodos. She has performed with dance companies, including Amy Seiwert's Imagery (San Francisco), Liss Fain Dance (San Francisco), and Thodos Dance Chicago, as well as in multiple operas at the Kennedy Center, Lyric Opera of Chicago, Winspear Opera House, and Harris Theater Millennium Park.

Jen was diagnosed with scoliosis at the age of eleven. Less than a year later she underwent surgery that involved fusing much of her thoracic spine (T3-T10). The doctor's instructions were rather vague and involved continuing to dance but avoiding gymnastics. Jen carried on through life as though nothing happened. She attended the University of Notre Dame and studied accounting (noting that extended hours studying hurt her back), became a certified public accountant (noting that extended hours working hurt her back), and then returned to dancing professionally (noting that extended hours dancing hurt her back). She began practicing yoga to balance her body, discovering that it also allowed her to manage and even prevent pain. Jen eventually found her way into a yoga for scoliosis class and then a yoga for spinal fusions class in New York City, both of which brought to light an even deeper understanding of her body and the effects of scoliosis. Jen is also a NASM Certified Personal Trainer and holds certificates in Hatha Yoga, Yoga for Scoliosis, Functional Movement Systems, and TRX Suspension.

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<https://squareup.com/store/samamkaya-yoga-back-care-and-scoliosis-collective/item/yoga-for-scoliosis-a-dancer-s-perspective-with-jen-gorman>

Schedule
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