



California  
Yoga  
Center

**Cator Shachoy** is a graduate of the Iyengar Yoga Institute of San Francisco and has taught Iyengar yoga for over 15 years. She is also a Mindfulness meditation instructor, and a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute.

Based in San Francisco, Cator teaches Yoga & Meditation to adults and youth, and has a private Craniosacral Bodywork practice for infants, children and adults. She is founder of Youth Yoga Dharma, and has trained teachers since 2005.

Learn more about Cator at [www.catorshachoy.com](http://www.catorshachoy.com) and [www.youthyogadharma.org](http://www.youthyogadharma.org).

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# YOGA for JAW TENSION

with *Cator Shachoy*

Saturday, June 22 1-4 pm

Jaw Tension and TMJ or TMD (Temporal Mandibular Joint Dysfunction) is a very common and often painful condition. At present there are few options for treatment beyond being fitted for a night guard by your dentist.

Cator Shachoy is an Iyengar yoga and mindfulness meditation teacher and a craniosacral practitioner. She developed this workshop based on work with over 100 clients to successfully relieve jaw tension.

The workshop will include:

1. The causes and repercussions of jaw tension from the cranial perspective
2. Self-massage techniques for relieving facial tension
3. Guided meditations to build awareness of the habit of jaw tension, allowing us to undo it
4. A yoga asana sequence based in Iyengar yoga to cultivate awareness of jaw tension and how to relieve it.

Participants should have at least six months of yoga experience. Teachers are also welcome. Fee is \$60 in advance; \$70 on day of event.

Register online or by mail **Yoga for Jaw Tension June 22 in Mountain View**

Mail this form with check payable to CYC to California Yoga Center  
1776 Miramonte Avenue, Mountain View, CA 94040

Name \_\_\_\_\_

Address \_\_\_\_\_

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