



## California Yoga Center

**Cator Shachoy** began the practices of yoga, Insight meditation and energy healing in 1990 as a result of a chronic illness. She recovered her strength and vitality through the regular practice of these disciplines.

**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.

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

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

1776 Miramonte Avenue  
(Blossom Valley Center)  
Mountain View, CA 94040

541 Cowper Street  
Palo Alto, CA 94301

650-967-5702  
[www.californiayoga.com](http://www.californiayoga.com)

# YOGA for JAW TENSION with Cator Shachoy May 19 1-4 pm Mountain View

**Do you grind your teeth at night or clench your jaw during the day? If you answered yes, this workshop is for you.** 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, an Iyengar yoga and mindfulness meditation teacher and a craniosacral practitioner**, developed this workshop based on work with over 100 clients to successfully relieve jaw tension. Her approach incorporates Iyengar yoga, mindfulness and craniosacral therapy.

### The workshop will include:

- the causes and repercussions of jaw tension from the cranial perspective
- self-massage techniques for relieving facial tension
- guided meditations to build awareness of the habit of jaw tension, allowing us to undo it
- 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 \$50 in advance; \$60 on day of event.**

Register online or by mail for **Yoga for Jaw Tension, May 19.**  
California Yoga Center, 1776 Miramonte Ave, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

Telephone / e-mail \_\_\_\_\_