

Piedmont Yoga

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Yoga for Jaw Tension with Cator Shachoy



Cator Shachoy began the practices of yoga, mindfulness meditation, and energy healing in 1990 to heal chronic illness. Through the regular practice of these disciplines, she recovered her strength and vitality. Cator is an E-RYT 500 through Yoga Alliance, and completed yoga teacher training through both the Iyengar Yoga Inst. of SF & Kripalu Yoga Center. She is a Mindfulness teacher, and is a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute. Cator has taught Yoga & mindfulness meditation to both adults and youth in SF since 1995, and has a private practice of Craniosacral Bodywork working with adults, children, & infants – www.catorshachoy.com. She is the founder of Youth Yoga Dharma, and has trained teachers since 2005 . www.youthyogadharm.org

Saturday June 15th 1:30 - 4:30pm

\$50/ \$40 before June 1st

This workshop will include:

- A 30 minute introduction to TMJ & TMD (Temporal Mandibular Joint Dysfunction) with a power point presentation will explore the causes and repercussions from the Cranial perspective and look at the anatomy, physiology, and energetics of the TMJ's.
- 30 minute facial self-massage sequence to relax the jaw.
- 2 hour yoga & meditation class with mindfulness practice.

Do you clench your jaw, or grind your teeth at night? This workshop is for you! It will also be of interest to Yoga Instructors wishing to help their students. 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. In this workshop you will learn the causes and repercussions of TMJ, simple self-massage techniques to relax the face and jaw, mindfulness practices, and a yoga asana sequence that can bring relief. This is a unique approach developed from working with more than one hundred clients over many years.

register at www.piedmontyoga.com

or call 510 652 3336