



YOGA CENTER  
OF MARIN

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yogacenterofmarin.com



EVLALEAH HOWARD is a Senior Level Certified Licensed Iyengar Yoga Teacher and Licensed Spinal Therapist. BKS Iyengar trained Evlaleah for over four decades to practice and teach yoga and to train and assess teachers. Currently she is completing a book on spinal whiplash. She is also a founding teacher of the Iyengar Yoga Institute, SF and Founder of the BKS Iyengar Yoga School in San Francisco.

THIS WORKSHOP:

- All levels
- **Register early!** \$30 if registered by Feb. 15; \$48 after Feb. 15

# WHIPLASH WORKSHOP

## with Evlaleah Howard

Saturday, April 4, 2020 • 2:00–5:00 PM

### WHIPLASH INJURY: Healing Vehicular Neck & Low Back Injuries

What research prefers for vehicular whiplash – dynamic treatment protocols that are specific and individualized – are not found in allopathic or alternative medicine, alone or in combo. Thorough scientific review of data of both *insurance-covered* and *out-of-pocket-treatment forms* concludes these do not lastingly disrupt degeneration but force dependency on painkilling means or compel aggressive procedures that enumerate issues. At best, patients experience short term relief. Yet science approves one method for therapeutic transformation and healing of a patient's brain and body – the elegantly elaborate and progressive methods of B.K.S. Iyengar (when dispensed or supervised by those he mentored for decades / took vows to uphold).

Guruji nudged me to enfold his prescriptive methods into a whiplash science. It has proven over decades to give countless patients the one thing science insists treatment must provide: *efficacy or lasting relief and benefit when all else failed them.* We are fortunate to live in the time of Iyengar!

**Please note:** Attending students should inform Evlaleah about their accident history well before the workshop: call (415) 407-5752.

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: WHIPLASH WORKSHOP with Evlaleah Howard / April 4, 2020 • 2-5 PM

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
email: \_\_\_\_\_

HOW DID YOU HEAR about this series?  Flyer  Website  
 Ad  Friend  Drive/walk by  Other \_\_\_\_\_

PAYMENT BY:  check  MC/VISA AMOUNT: \_\_\_\_\_  
Card #: \_\_\_\_\_ Exp date: \_\_\_\_\_  
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CHECKS PAYABLE TO: Yoga Center of Marin • MAIL TO: Yoga Center of Marin, 518A Tamalpais Dr., Corte Madera, CA 94925  
FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at [www.yogacenterofmarin.com](http://www.yogacenterofmarin.com)



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