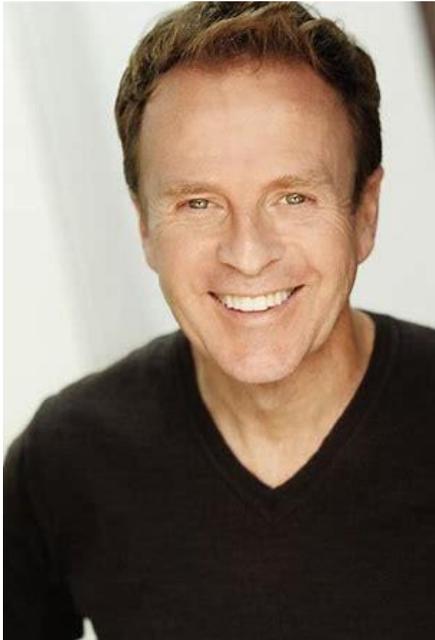




Online weekend workshop with Garth McLean

Yoga and Multiple Sclerosis, Parkinson's
or other neurological and movement challenges

Saturday 12th & Sunday 13th June 2021, 15:00 – 17:00 GMT (both days)



Based in California, Garth is living proof of how Iyengar yoga can help support the nervous system and balance immune functions. Diagnosed with Multiple Sclerosis in 1996, Garth has used yoga, under the direct guidance of BKS Iyengar, to mitigate the symptoms of the condition. He is now a Senior Iyengar Yoga Teacher (Level 3) and Certified Yoga therapist with the International Association of Yoga Therapists. Garth has been keen to visit Inverness and the north of Scotland for some time – the epicentre of MS in the world. Under the current restrictions and the interest of safety, this workshop will be online (via Zoom).

“Iyengar Yoga is not a cure for multiple sclerosis. Rather it is a wellness strategy that may help relieve symptoms, enhance functionality, mobility and prevent or delay disease progression”.

You can read more about his journey on his website [Yoga And Multiple Sclerosis | Garth McLean Yoga \(yogarth.com\)](http://YogaAndMultipleSclerosis|GarthMcLeanYoga(yogarth.com))

Class details

Saturday 12th June 2021 - workshop for students (and teachers)

Ambulatory students with Multiple Sclerosis, Parkinson's or other neurological or movement challenges (and teachers) are welcome to the Saturday class. Though individual cases vary, symptoms manifest in similar ways. Based on ability, Garth will address principles and strategies to enhance body mobility and stability while cultivating strength and offering symptom relief through Iyengar Yoga. Due to the nature of the online format, the workshop is open to those who can independently self-transfer to the floor or to a folding chair or similar.

Sunday 13th June 2021 – teachers 'workshop

Garth will explore the fundamentals of working with students with Multiple Sclerosis, Parkinson's or other neurological or movement challenges. Garth welcomes questions from teachers on specific challenges which may be explored in the session. Please submit your questions to the email below.

Cost

Saturday £18, Sunday teachers only session £22, both days £40.

To book - please email info@yogainverness.co.uk to check availability for the days you wish to attend first then make payment either by

(1) Bank Transfer:

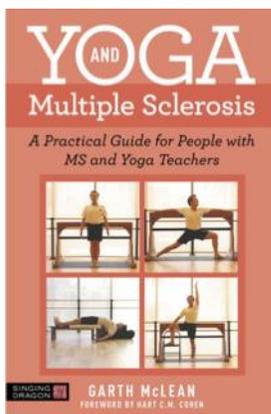
- Account name: **IYENGAR YOGA INVERNESS**
- Account number **17603267**
- Sort code: **802260**
- Customer Reference GM-*Your Name*

(2) via PayPal to iyengar@yogainverness.co.uk

You will also receive the link for recordings of the days you have booked should you wish to watch again or play catch-up; recordings will be available for 14 days.

Practical things

Please have access to a sticky mat, 3 blankets, 2 bricks, a belt (or a towel), a bolster (pillows or a sofa cushion also works), wall space (in front of a locked door also works), a folding chair.



You may also be interested in Garth's recent publication available from [Amazon](#).