YOGA FOR SCOLIOSIS & BACK CARE

in Mexico with Elise Browning Miller

November 7 – 14, 2026

TEACHERS AND STUDENTS ARE WELCOME TO JOIN ELISE FOR A YOGA FOR SCOLIOSIS & BACK CARE RETREAT. This retreat is open to anyone with scoliosis or back issues who is looking to learn ways to relieve back problems with yoga, and deepen their practice in a magical, tranquil environment.

The retreat will be located in the idyllic retreat site of Yoga del Pacifico on Manzanilla Bay, one of the most beautiful and tranquil beaches in Troncones, Mexico located 20 miles from the fishing village of Zihuatanejo. You will be staying at Casa Manzanillo boutique hotel www.innmexico.com, just minutes away from Yoga del Pacifico. Brunch and dinner are included with delicious seafood and vegetarian entrees for dinner from top restaurants nearby. There will be two yoga sessions a day with plenty of time in between for relaxing in your favorite style. Hanging out in a hammock, swimming, surfing, snorkeling, hiking, horseback riding, bird watching, massage, pedicures and manicures are all available options.

This retreat will address different back issues including scoliosis and general asymmetry of the body, poor posture, lower back pain and chronic neck and shoulder pain. Elise will address how to adapt yoga poses therapeutically for these conditions with a focus of alignment, lengthening and strengthening the back and breath awareness. The retreat is appropriate for those dealing with their own back-related issues as well as yoga teachers who wish to assist their students to address their conditions.

Double occupancy **$2800**
Single Occupancy additional fee of **$700**
Deposit: $1400 for doubles, $2100 for single

Price includes yoga classes, two daily meals, double or single accommodations, transportation to and from Zihuatanejo/Ixtapa airport to the retreat site. Be assured that we provide a safe and tranquil environment from the beginning to the end with hired cabs greeting you at the Zihuatanejo airport and delivering you to the doorstep of your hotel, Casa Manzanilla. Retreat is limited to 15 students. Register early to ensure your space.

Please fill out the registration form below along with deposit and return to Elise Miller 27991 Mercurio Rd, Carmel, CA 93923 or email elise@ebmyoga.com.

Please arrange to arrive by 4pm on Saturday, November 7 for dinner and an orientation. The retreat will end after class and breakfast on Saturday, November 14.

Yoga for Scoliosis & Back Care, Mexico - November 7 - 14, 2026

A non-refundable deposit of $1400 for doubles, $2100 for single is **due by June 1st, 2026** per person to reserve your space. **Balance of payment is due September 1st, 2026**. Please fill out the registration form below and return to Elise Miller.

Registration form:

NAME:_____

ADDRESS:_____

CITY:_____ STATE:_____ ZIP:_____

PHONE:_____ EMAIL:_____

TOTAL # OF PEOPLE IN YOUR PARTY: _____

FEE PER PERSON IN FULL: **$2800 for double**_____ **$3500 for single**_____

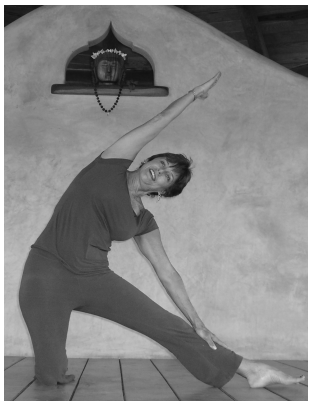
or DEPOSIT PER PERSON: **$1400** for double_____ **$2100** for single_____

TOTAL ENCLOSED $:_____

CHECK_____CREDIT CARD (**additional 3.3% fee**)_____EXP DATE_____CVV_____

Please make **checks payable** to: Elise Miller
Mail payment and registration form to: 27991 Mercurio Rd, Carmel, CA 93923

Cancellations: Before September 1, 2026, a $100 cancellation fee will be charged. After September 1, cancellations will only be refunded – minus $100 fee if your space is filled from the waiting list.



Elise Browning Miller, M.A. in Therapeutic Recreation - is a founding director of the California Yoga Center in Mountain View, CA. She is a senior level Certified Iyengar Yoga Teacher, who has taught yoga since 1976. Elise teaches special workshops on scoliosis, leads yoga retreats internationally and sees students privately for scoliosis, other back problems, and sports related injuries. Elise recently published her comprehensive book ***Yoga for Scoliosis – A Path for Students & Teachers***. This along with her book, *Yoga: Anytime, Anywhere*, her *Yoga for Scoliosis DVD*, *Yoga for Back Care* and *Yoga for Scoliosis booklet* and her *Intermediate Yoga in Fiji DVD* are available for sale at Elise's website. Her joyous personality and ease of communication endear her to students with a teaching style that is down-to-earth, precise and nurturing. Visit Elise's website: www.ebmyoga.com or www.yogaforscoliosis.com.