

Judy Rosquete - Yoga for Hyper-Kyphosis

In This Course, You Will Discover:

- » How to respond to back pain as it arises, instead of accepting it, or relying on pain meds
 - » How to address the chronic tightness in the neck & shoulders that accompanies Hyper-Kyphosis
 - » How to SAFELY strengthen and lengthen the body
 - » The unconscious daily habits that contribute to this condition
 - » Which exercises to avoid so you don't make your posture worse
- You'll walk away with an awareness that you can integrate into your daily lifestyle.*

What You'll Receive:

You'll receive three downloadable practice sequences-

- 1) **Pain Sequence:** Decompresses your back and help relieve back pain
- 2) **Neck & Shoulders Sequence:** Alleviates tension and tightness in the Neck & Shoulders
- 3) **Lengthening & Strengthening Sequence:** For lengthening and strengthening the spine (includes stronger poses)

We **highly recommend** you begin in this order, as it will be the most beneficial. You will eventually be able to do these sequences independently, OR all can be done consecutively. Please note: This program is best suited for able-bodied students who feel confident learning in an online group setting. If you have an advanced case of hyper-kyphosis, are a senior, or are unsure if this program is right for you, please contact us directly at info@mysacredspine.com.

Your Instructor

Judy Rosquete

Judy Rosquete is a Scoliosis & Backcare Specialist and has been apprenticing with Rachel Jesien for many years and continues to assist her workshops and ceremonies nationally. She works closely with international students in the online programs, as well as privately in-person and online. Judy's multiple trainings and nearly two decades of experience, have helped her develop a compassionate and well-rounded teaching style.

She received her initial 200-hour certification from the International Sivananda Yoga and Vedanta Center, and also holds certifications in Therapeutic yoga with Cheri Clampett, and Prenatal with Mary Anne Barnes. After discovering she had scoliosis, she knew it was time to dive deep into the world of alignment and back health. She received her second 200-hour certification as well as a Backcare & Scoliosis certification under Alison West at Yoga Union. Today, Judy continues to support the global My Sacred Spine community by creating wonderful new content and guiding her clients to pain-free living!

Course Curriculum

HERE

- [Welcome Video – How to Use this Course\(2:09\)](#)
- [Read Me First](#)

ANATOMY VIDEO

- [Anatomy of Hyper-Kyphosis\(8:00\)](#)

YOGA SEQUENCE 1 – –decompresses your back and helps relieve back pain

- [Pain Sequence\(18:54\)](#)