

# Michiko Style Yoga

## YOGABOU EXERCISE

To facilitate expanding the range of motion by loosening the deep muscle. It's possible to improve the movement of the shoulder blade, and then improve posture. Keeping the body axis forces by working both superficial muscles and deep muscles is effective trunk training. It can be self-adjustment of yoga asana. Using the principle of leverage, it is possible to move widely with a small force, so it is possible to take advantage of the exercise of the powerless or elderly people.



## SHOULDER BLADE YOGA®

It is one of the original & unique methods of Michiko Minegishi and it is a very popular method both at Japan and abroad. Rather than just using the shoulder blades to maintain the range of motion of the arms, if you incorporate even more work into pose of yoga, the shoulder blades move against joints with other range of motion limit. It is also possible for the asanas to evolve better as a result.

## SPINAL MAINTENANCE YOGA

The relationship between "shoulder blade", "spinal" and "pelvis" is familiar to you all. This is the one of unique method of Minegishi. By releasing like a rope all vertebra from the atlas to the sacrum and coccyx, it improves the circulation of body fluid around the spinal cord and activates the nervous system.

By doing so, it is effective for improving disorder and discomfort that appears in everyday life.



## FUNCTIONAL HIP JOINT WORKOUT



This is the one of unique method of Minegishi which is the rotation of hip joint leading by the functional movement of sitting bones. It is effective for those who want to down sizeing of the buttocks, those who want to correct the posture of the warp waist or stoop, those who want to improve the movement of the hip joint, those who want to change the yoga asana more deeply

## MICHIKO STYLE YOGA

Michiko Style Yoga is composed of Minegishi original method such as "Shoulder Blade Yoga ®", "Spinal Maintenance", "Functional hip joint workout" and so on in various places.

These each methods are very popular classes in Japan and are also widely introduced in books.

The program using the Yoga Bou invented by Michiko Minegishi also reflects all the methods, and their uses are diverse



## ABOUT MICHIKO STYLE YOGA ASSOCIATION

The Michiko Style Yoga Association (hereinafter referred to as the MSY Association) has inherited the method (\*) (hereinafter MSY method) of Michiko Minegishi who is active in the world and is widely provided to many people by the method leader.

To be useful not only to the students in front of you but also to their leaders

- 1 Provide everyone who took the method leader course a further skill up place at the follow-up lecture
- 2 Deliver up-to-date information on ever-evolving methods to everyone and provide opportunities for guidance with the latest technique

Michiko Style Yoga Secretariat will operate the Master Trainer, which is certified by the Association, with the aim of supporting students of Method Instructor Course such as etc.

MSY method (\*) The origin of the idea is,

"Yoga is for everyone!"

"To provide useful guidance for everyone who will come to us"

There are many unique approaches that are full of diversity, originality, such as breaking down existing stereotypes of yoga, and have been constantly evolving everyday.

# Michiko Style Yoga

## YOGABOU EXERCISE

### ●Yoga Bou Teacher's Training @Yokohama

From November 23, 2018 to November 25, 2018 (3days)

Place: BMY Nogeyama Studio @Yokohama, Japan

Price: ¥97,200

Contact to MSY Association→<http://michikostyle.com/method/michiko-style-yoga-method/>

### ●YOGA BOU Intensive with Michiko Minegishi

From August 24, 2018 to August 26, 2018(7 workshops)

Place: Pure Yoga Peninsula Office Tower @ Hong Kong

Contact to Pure Yoga HP→<http://www.pure-yoga.com/hongkong/workshop/detail/668>

## SHOULDER BLADE YOGA®

### ●Shoulder Blade Yoga® Teacher's Training@ Osaka Japan

From July 7, 2018 to July 9, 2018 (3days)

Place: Yoga Academy OSAKA

### ●Shoulder Blade Yoga® Teacher's Training@ Tokyo

From October 20, 2018 to October 22, 2018(3days)

Place: Ohana smile yutenji studio

Both Contact to Yoga Generation HP→<https://shop.yoga-gene.com/program/637/>

## SPINAL MAINTENANCE YOGA

### ●Spinal Maintenance Yoga Teacher's Training @ Osaka

From July 14, 2018 to July 16, 2018 (3days)

Place: Utsubo Tennis Center Studio at Osaka

Price: ¥97,200

Contact to MSY Association→<http://michikostyle.com/method/michiko-style-yoga-method/>

## FUNCTIONAL HIP JOINT WORKOUT

### ●Functional hip joint workout 4 hours course @ Yokohama

June 24, 2018 13:00-17:00

Place: BMY Nogeyama Studio @Yokohama, Japan

Price: ¥18,360

Contact to MSY Association→<http://michikostyle.com/method/michiko-style-yoga-method/>

## MICHIKO STYLE YOGA

### ●Michiko Style Yoga Flow Teacher's Training @ Yokohama

From October 6, 2018 to October 8, 2018 (3days)

Place: BMY Nogeyama Studio @Yokohama, Japan

Price: ¥97,200

Contact to MSY Association→<http://michikostyle.com/method/michiko-style-yoga-method/>

## about

### Michiko Minegishi

In keeping with the vision that

"Yoga is for everyone",

she founded "Yoga for physically and mentally disabled people ®" in 2008, and also handles prescription exercise for elderly people and entally disabled people.

Not only in Japan but also overseas presentation classes, workshop classes and teacher's training courses are increasing recently, and the Minegishi methods have gained great praise.

At the Bali Spirit Festival which she has continued to participate continuously from 2012 until now.



## MICHIKO STYLE YOGA ASSOCIATION

If you have any questions or applications regarding the course, please visit this HP page (QR code) or sent message to the following e-mail address ;  
[info.michiko.style.yoga@gmail.com](mailto:info.michiko.style.yoga@gmail.com)  
<English available>

