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A transformation from skier and musician to yoga innovator

Michaëlle Edwards wants to teach everyone how to easily have great posture and get out of pain. She is the inventor of a whole new system of yoga, self-guided bodywork and posture alignment called YogAlign.



Born in Turkey, Edwards spent her twenties as a ski bum and musician in Montana. During a visit to Kauai, she was offered a full-time job as a musician, playing guitar and singing at the old Princeville Makai Golf clubhouse. She left Montana for Kauai and since 1983 has

Kauai Wellness Expo PRESENTER

lived on her five-acre organic farm in Hanalei.

An avid skier and runner, before her move to Kauai, Edwards took up surfing and windsurfing here, then opened a T-shirt company. After 10 years she decided to become a licensed body-worker because she always enjoyed massaging friends and family.

Now, 25 years later, after making three CDs, touring around the islands, Japan and Europe, she decided to teach yoga and do bodywork full time.

Edwards operates the Kauai Yoga School near Hanalei. She has trained more than a hundred students to be YogAlign teachers. Using self-healing modalities, YogAlign incorporates core fitness from the psoas muscles along with breath work to re-structure our connective tissue (fascia) pathways.

The somatic education of movement involved in YogAlign results in a re-organization of posture at the nervous-system level while releasing of dysfunctional emotional holding patterns and belief systems. Her yoga positions stabilize the joints and engage the body to move from core center.

The results Edwards has been achieving with clients is garnering attention from body workers, physical therapists, and yoga teachers around the world.

Recently, Edwards self-published *YogAlign, Pain-free*

Yoga from Your Inner Core, available on the Internet, this book and DVD combo offers new ways to heal pain by addressing global postural issues. With YogAlign, she hopes to give people tools to let the body heal itself and to become self-reliant in our own health care. That is why YogAlign focuses on good posture not doing good poses.

Dr. Justin Mager from San Rafael, Ca., is documenting YogAlign's techniques for postural shifts through scientific research. Dr. Mager has degrees in biomechanics and integrative medicine.

In August 2012 on Kauai, Dr. Mager conducted a four-day study of YogAlign students to record changes in posture, pain levels, and functional bio-mechanics. Dr. Mager participated in the classes, as well, and he found the practice had "amazing results" for him. After doing just two classes with Edwards, chronic knee pain that had plagued him for several years vanished, and he found himself running along Hanalei Bay with no pain.

Edwards and Dr. Mager now are co-authoring a book on YogAlign, slated for release in February 2014 from North Atlantic Publishing.

Edwards also incorporates into YogAlign the fascia Anatomy Trains theories developed by Rolfer Thomas Myers. An expert on connective tissue and global body awareness, Myers invited Edwards to teach a Spring 2013 workshop at Kinesis, his bodywork school in Maine.

Myers will be visit Kauai in Fall 2013 for a workshop on fascia tensegrity, sponsored and produced by Edwards. This workshop is geared towards movement and manual therapists as well as anyone interested in learning more about the human body.

Just as people are learning that all of our actions affect the planet as a whole, Myers and Edwards are on a similar path to educate people that addressing chronic pain must involve assessment and treatment of our entire structure, since there really are no separate parts in the human body. "We are strung together in a cohesive web of fascia that determines our posture, movement, and even our moods," she said.

According to Mary Bond in *The New Rules of Posture: How to Sit, Stand and Move in the Modern World*, "Michaelle Edwards aims for nothing less than a revolution in the way yoga is understood and practiced. YogAlign is packed with well-described anatomy and well researched principles of body structure. The author's dedication and spirit will inspire you with her vision of a pain-free yoga path to a naturally aligned body." 🍎

For more information on YogAlign® classes, retreats, trainings, books, DVDs and products, visit www.yogalign.com.




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