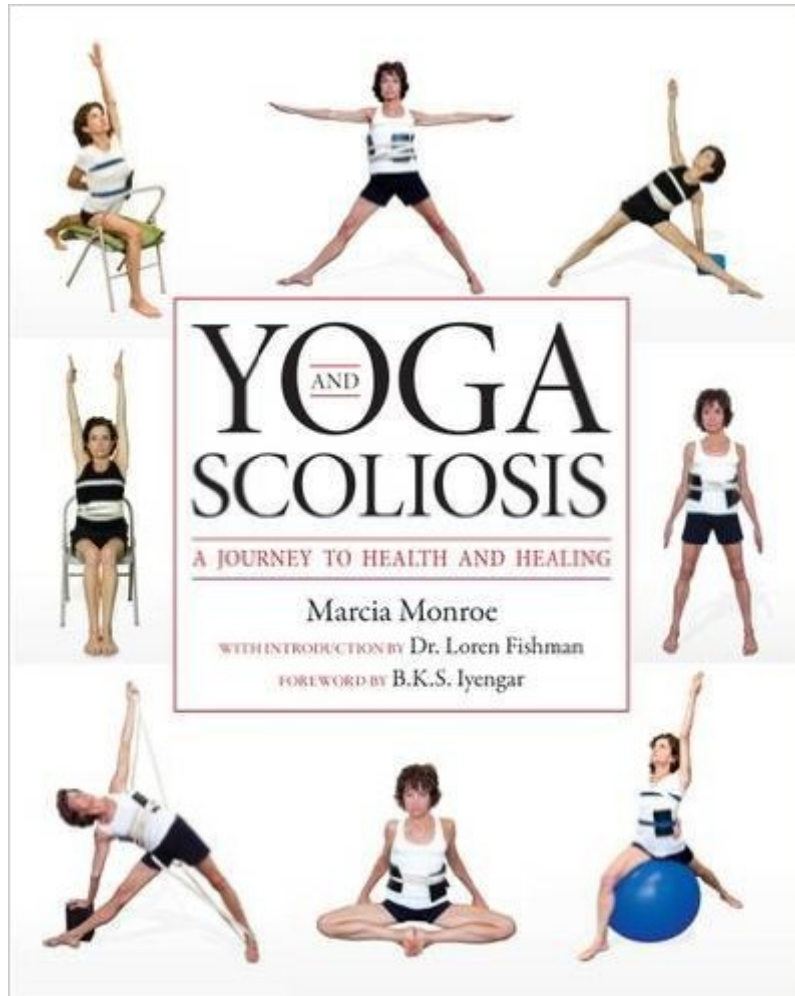


The book was found

Yoga And Scoliosis



Synopsis

Yoga and Scoliosis: A Journey to Health and Healing is a deeply soothing form of moving meditation and a physical activity and is a safe way to rebuild strength, stamina, and flexibility and to address the spinal curvature of scoliosis without surgery. The book presents an evidence-based look at how this approach works. Dr. Fishman has been treating individuals with scoliosis with yoga for many years and has collected x-rays of his work, before and after, demonstrating actual lessening of the degree of curvature from the practice of Iyengar yoga. Yoga and Scoliosis: A Journey to Health and Healing is a source of encouragement, knowledge, and healing for those who have scoliosis and need to treat it, but want to avoid braces and/or surgery. It briefly covers the history and treatment modalities of scoliosis and discusses the development of the spine in the embryo. Yoga and Scoliosis explores the complexities of the concept of alignment in the body, with the main part of the book showing how to address scoliosis utilizing Iyengar yoga. Four chapters give instruction in yoga asanas for scoliosis, and another chapter discusses yoga practice in daily living. The book includes a Foreword by B. K. S. Iyengar, the founder of Iyengar Yoga.

Book Information

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Customer Reviews

YOGA AND SCOLIOSIS: A JOURNEY TO HEALTH AND HEALING by Marcia Monroe This is an important book, because it archives poses in the Iyengar tradition for people who have scoliosis and who, because of their condition, might not otherwise be able to reap the benefits of a yoga practice. Yogacharya B.K.S. Iyengar's method provides an avenue for people with scoliosis to experience

yoga postures that might otherwise be impossible for them to do. Over time, and with guidance, practicing yoga has distinct advantages over other treatments for scoliosis. With the help of specific props, designed for use with this particular condition, the poses urge spinal convexities and concavities to adjust, the back muscles to strengthen, and the body's focus to move toward midline. Scoliosis is an asymmetrical spinal condition that becomes increasingly painful, and may restrict breathing, as a person ages. The problem with this book is: who is it written for? The instruction waffles between telling the reader he/she can follow the instructions and self administer the poses; to telling the reader they must do these poses under the watchful eyes of a senior teacher; to speaking to the reader as if he/she is a senior yoga teacher. Confusing point-of-view. In addition, Marcia Monroe is the only subject in the book. All photos and instruction refer to her particular scoliosis. I imagine a senior teacher could interpret and adapt the instruction and props. The author does not take the step to reach out and explain how others, with different scoliosis patterns, might adapt prop usage. She does give good general instruction; for example, how to use the eyes and prevent the eyes from wandering while practicing yoga.

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