



# **Yoga and Scoliosis: A Journey to Health and Healing**

*Marcia Monroe*

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## **Yoga and Scoliosis: A Journey to Health and Healing** Marcia Monroe

"Yoga and Scoliosis: A Journey to Health and Healing" is intended to be 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. The book looks at scoliosis not as a pathological syndrome but as a spiritual, and metaphysical pattern that embraces the multiple dimensions of the spine (vertical, horizontal, and sagittal). It briefly covers the history and treatment modalities of scoliosis and discusses the development of the spine in the embryo. "Yoga and Scoliosis" also explores the complexities of the concept of alignment in the body, with the main part of the book showing how to address scoliosis with Iyengar yoga. Four chapters give instruction in yoga asanas for scoliosis, and another chapter discusses yoga practice in daily living. Finally there is an advanced yoga chapter that was developed by B. K. S. Iyengar.



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