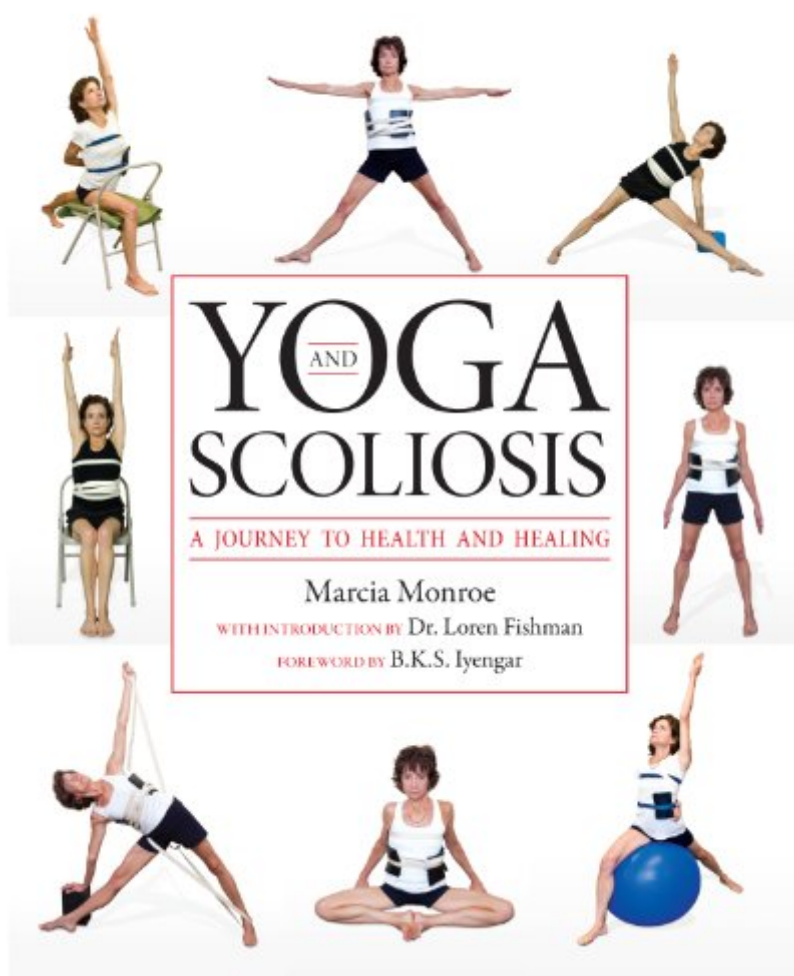


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# Yoga And Scoliosis: A Journey To Health And Healing



## 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

I debated between this and another scoliosis yoga book-I'm glad I got this. Yes she uses a lot of props but if you have a serious medical condition, as scoliosis can be for many people, let's face it-you gotta bite the bullet and buy at least some props and put in some time if you want to get better. There is no "Spend absolutely no money, time or effort and make a remarkable scoliosis recovery" book out there on the market. If you have scoliosis then those are the cards you have been dealt. The other woman's book on looked a little too focused on the "Hollywood" culture that unfortunately surrounds yoga these days-like it's some meaningless fad. Marcia's book is a down to earth real healing tool-it doesn't spell everything out for you, but nothing real ever could-you have to listen to your own body. This book isn't about the cute little yoga outfit or getting a "yoga booty"-it's a starting point for people who have been failed by doctors and want to take matters in to their own hands...I sound like quite the firecracker don't I?ha!

This is a great book which shows classic iyengar yoga poses propped and modified for people with scoliosis. Readers will benefit from having iyengar yoga experience before reading this text. Is it not a beginners how to book for those with no yoga experience. Some other reviews complained that the book uses complicated yoga props. The props in the book will not be intimidating for Iyengar yogis. I recently attended a workshop with the author who has severe scoliosis herself and has benefited greatly from her yoga practice.

I chose this particular book after extensive review and the purchase of other books that covered non-surgical aidefor the correction of Scoliosis. YOGA and SCOLIOSIS: A Journey . . . is the best, most modern and comprehensive bookfor both trained health providers and individuals or parents who are effected by the 'disorder' of Scoliosis. This book is written and illustrated with such a common sense approach that very young children with Scoliosis can understand and follow what they need to do to accomplish a reversal of their 'disorder'. This book, in my opinion, is based on the "Schroth" Treatment for Scoliosis - in a more up-to-date explanation and visuals fashion!

OUTSTANDING

Great for back problems, 80% of people will have back problems at some time their life.

the author has scoliosis and offers great exercises to help balance the spine.

Book is well laid out with black and white photos for every exercise. Author provides exercises for sitting, standing etc. each page includes props needed, explanation of how to set up for the exercise and the benefits of each . This book is helpful for anyone with scoliosis or just wanting to do this type of yoga.

Need to take the Schroth Course, this book is a awesome compliment.

It seems this lady uses alot of pads and homemade devices to treat her Scoliosis with yoga type exercises. There are so many I am not sure what is beneficial and it is hard to say whether or not this would help. I would think normal Hatha Yoga would be beneficial to anyone. I am not sure if I am comfortable using some of these devices on my daughter who has been diagnosed with beginning Scoliosis.

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