Yoga and Scoliosis: A Journey to Health and Healing

With a foreword by B. K. S. Iyengar, the founder of Iyengar Yoga.

This volume 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. Finally there is a Foreword by B. K. S. Iyengar, the founder of Iyengar Yoga.