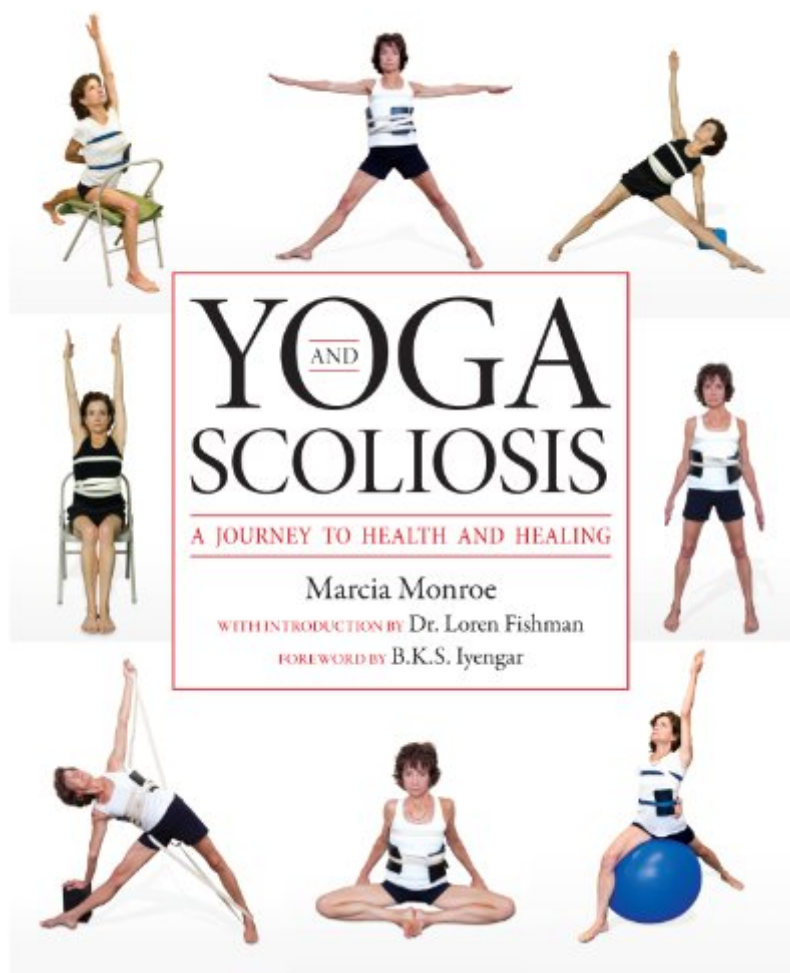


The book was found

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

File Size: 10190 KB

Print Length: 273 pages

Page Numbers Source ISBN: 1936303027

Publisher: Demos Health; 1 edition (October 24, 2011)

Publication Date: October 24, 2011

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B005YBJU2E

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #313,812 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Physical Impairments #71 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

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.

[Download to continue reading...](#)

Yoga and Scoliosis: A Journey to Health and Healing
Yoga: 100 Key Yoga Poses and Postures
Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)
Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ...
Back Pain, Pain Relief, Pain Management,) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1)
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)
Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners)
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)
Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing)
Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth
Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series)
Easy YOGA GUIDE for beginners: Simple 46 Hatha

Yoga Poses for Body and Mind (Yoga for Beginners Book 1) How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Harry Scores a Hat Trick With Pawns, Pucks, and Scoliosis Three-Dimensional Treatment for Scoliosis: A Physiotherapeutic Method for Deformities of the Spine Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)