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Illustrated with color photographs, and lovingly revised by Vanda's daughter Paola Scaravelli Cohen based on the extensive notes Vanda left behind, Awakening the Spine is published for the first time as the author intended making it the definitive edition of one of yoga's all-time debbieshideshow.coms: 3. Lovingly revised by Vanda's daughter Paola Scaravelli Cohen, based on the extensive notes Vanda left behind, Awakening the Spine is published for the first time as the author intended. With a new foreword by B.K.S. Iyengar, this is the definitive edition of one of yoga's all-time debbieshideshow.coms:

Awakening the Spine: Yoga for Health, Vitality and Energy by Vanda Scaravelli A fully revised and updated edition of the classic yoga book, with a new foreword by B.K.S. Iyengar. For more than twenty-five years, until her death at ninety-one, Vanda Scaravelli helped transform bodies and lives with her innovative approach to yoga through the proper alignment of the spine. Aug 29, Interesting since Scaravelli, just like me, discovered yoga later in her life- in her late forties. Taught by Iyengar and Desikachar, she went on to establish her own yoga school based on her ideas regarding breath, gravity and the spine. She voices her theories in the book/5.

Scaravelli offers really accessible ways to understand the function of the spine from a physical, and energetic, perspective. She talks about the importance of the feet in feeling grounded, and suggests ways to make this an inherent part of one's yoga practice. The last part of the book is all asana, but not a specific, particular sequence/5(6).

Awakening the Spine offers a gentle way to achieve and maintain overall health and a naturally supple spine at any age. Lovingly revised by Vanda's daughter Paola Scaravelli Cohen, based on the extensive notes Vanda left behind, Awakening the Spine is published for the first time as the author intended.

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