



Scoliosis, Yoga Therapy, and the Art of Letting Go

Rachel Krentzman

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Aged 16, Rachel Krentzman was diagnosed with scoliosis. At 32 she suffered a herniated disk and was told she would have to modify her activities for the rest of her life - instead, Rachel is now a walking testimonial for how yoga can be used therapeutically to heal your back pain.

An easy and straightforward read, this manual contains step by step illustrated instruction for you to address the physical and emotional factors of your scoliosis. The exercises are easy to follow and perform, and no technical knowledge or prior experience of yoga is required. Foundational anatomy is carefully explained so that you can understand your body and your scoliosis before applying the exercises. Exemplary case studies will help you on the path to alleviating your back pain without surgery.

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