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Rob Howard.

**Awakening the
Spine pt 5 - a Hatha
Yoga Flow**

**Secondly, I'd met
some really
interesting yoga
teachers like
Charlotte Preston
and Marc Acquaviva
who were big
Scaravelli
enthusiasts. Finally,**

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I've become increasingly aware of lower back issues and the title 'Awakening The Spine' seemed to promise some much-needed release and relief.

Awakening the
Spine | Esther Myers
Yoga Studio
Awakening the

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Spine is sort of an odd book. It looks like an easy read, there are a lot of pictures, but there are some points she makes about yoga and our bodies that I've never read about before. The most fascinating to me is the significance she places on the lower

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Energy
back, a point where
the body extends
upwards and
downwards at the
same time as a
result of gravity - a
sort of magical
junction.

Book Review:
Awakening The
Spine by Vanda
Scaravelli ...

Awakening the

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**Spine is a free Hatha
Yoga Flow filmed on
location in the
picturesque Thar
Desert in India. The
yoga flow is
designed to
invigorate the body
and minds and its
smooth transfer
between asanas and
vinyasa's provide a
excellent way to
awake the body,**

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particularly after a
healthy sleep. **And**
Energy

Top 5 Yoga Poses
for Back Strength -
beYogi

Awakening the
Spine offers a gentle
way to achieve and
maintain overall
health and a
naturally supple
spine at any age.

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Vanda continued to study privately with both Iyengar and Desikachar for many years. After they stopped their regular visits to Gstaad, Vanda worked alone, developing a unique method of yoga that endures to this day. She discusses this method in her 1991

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book, Awakening
the Spine. Following
are excerpts from
our two-day talk
together.

Awakening the
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Free New Yoga that
Works ...

Illustrated with color
photographs, and
lovingly revised by
Vanda's daughter

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the author

intended—making it

the definitive edition

of one of yoga's all-

time classics.

Awakening the

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Devi Yoga

The word kundalini refers to the energy that resides at the base of the spine and that, once awakened, rises up the spine and leads to spiritual awakening. By focusing on the feeling that the

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breath creates on
the inhalation and
exhalation, you
naturally develop a
greater awareness
of the flow of energy
within and between
your body's energy
centers, known as
chakras .

Awakening the
Spine: Vanda
Scaravelli - Yoga

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Books

Read 'Awakening
the Spine' by Vanda

Read 'Notes on
Yoga' by Diane

Long and Sophy

Hoare Pay attention

to the body. Pay

attention to the

breath, but don't try

to change it. Sit as

often as you can in a

variety of sitting

positions – A 10 day

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Vipassana retreat
may be a good idea.

Empty your mind of
expectation in
asana. Do far less ...

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Sophie ...

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Spine offers a gentle

way to achieve and

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Spiritual Awakening
- Yoga Journal
Filmed in the Thar
Desert, Rajasthan
India, this hour-long
yoga flow
invigorates and
energizes the spine
while building
strength and
flexibility in the yogi.
This hatha yoga flow
returns to the ...

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Health, Vitality and
Energy ...
Quadrupeds
elongate their spine
with each step. We
should do the same

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while walking or standing,” she writes in her book, Awakening the Spine. “Yoga consists of breaking bad habits and re-educating the spine as to bring back its original suppleness.”

Awakening the Spine – Iyengar

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Spine pt 1 - a Hatha
Yoga Flow -
Duration: ... Yoga
For Back Pain - 30
Minute Back Stretch,
Sciatica Pain, &
Flexibility Yoga Flow
- Duration: 32:51.
YOGATX 3,681,005
views.

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**Spine by Vanda
Scaravelli -**

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**Build spinal
strength that
compliments
flexibility with these
five backbends.**

**Deep, free breathing
and all movements
depend on a healthy
spine. Yoga aims to
promote the correct
curvature of the**

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spine, and this
requires a play
between both
strength and
flexibility.

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