

[YOGA FOR SCOLIOSIS](#)



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Yoga for Scoliosis with Elise Browning Miller

find a teacher trainer near you . Sonya Luz Hinton Costanza. Sonya Luz Costanza has been teaching yoga since 1996. In 2007 she became certified by Elise B. Miller to teach Yoga for Scoliosis.

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Scoliosis and Yoga The Do s and Don ts

Editor's note: The below are intended to be general recommendations for yoga practitioners and teachers. They are not a replacement for the personal advice of a health professional.

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Koren Yoga Yoga for Scoliosis

Scoliosis is a lateral curvature of the spine. Structural scoliosis is congenital and is usually more severe than functional scoliosis. Functional scoliosis is due to an imbalance of the functioning of muscles associated with the back.

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Yoga for Scoliosis 8 Ways to Use Yoga as a Treatment for

As a scoliosis expert who has treated thousands of patients, I am regularly asked whether yoga can be an effective treatment for scoliosis. Having scoured the world for the most effective natural scoliosis treatments, I can confidently answer yes.

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Yoga for Scoliosis How to Explore and Heal the Body

I knew of only one solution for my spasmed back and negative attitude. For years, only yoga had helped me cope with the pain I had lived with almost all my life.

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