

## [STRUCTURAL YOGA](#)



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What is Structural Yoga Therapy? Structural Yoga Therapy is a method that adapts yoga to the individual's unique needs. When health is optimal, the body assumes a natural balance of muscle strength and range of motion.

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### **Rolfing Structural Integration Palo Alto CA Yelp**

Palo Alto, CA 94306 Get Directions. Phone number (408) 203-2146 Business website carolfer.com; Send to your Phone. Photo of Rolfing Structural Integration - Palo Alto, CA, United States. I am an avid yoga practitioner and after a knee injury a couple of years ago, I found myself not only unable to do many yoga poses, but also unable to sit

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### **Structural Integration Body Balance Yoga Classes**

Combining both Structural Integration and yoga is the most effective and life-enhancing combination there is to move you towards your maximum human potential. Both Structural Integration and yoga loosen fascia or connective tissue adhesions and create more opening and greater freedom in the body.

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### **About Yoga for Scoliosis**

As a founding director of the California Yoga Center in Mountain View and Palo Alto, CA, Elise teaches classes and workshops specializing in back and sports-related injuries. Elise has successfully used yoga to minimize the effects of her own scoliosis and sees clients privately with scoliosis and other back-related problems.

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