

STRUCTURAL YOGA THERAPY



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Structural Yoga Therapy: Adapting to the Individual. Adapting to the Individual: Writing for serious practitioners and teachers who want to use yoga to bring complete balance to the body, Stiles shares his understanding of anatomy, kinesiology, joint mobility and muscle strength, as well as an overview of the spiritual philosophy of yoga.

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What is Structural Yoga Therapy Healing Through Yoga

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. However, when illnesses, injuries or structural anomalies are present, they disrupt the body's innate harmony and its ability to respond in healthy way.

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Structural Yoga Therapy Google Books

Structural Yoga Therapy: Adapting to the Individual. Mukunda Stiles begins by providing a comprehensive overview of the spiritual philosophy of yoga, and its many branches. He discusses everything that a beginning student needs to consider when choosing a practice, including how to find a yoga teacher.

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Structural Yoga Therapy Art and Soul

Structural Yoga Therapy adapts yoga to the client's unique needs. It respects the body's innate capacity to recognize safe, healthy movement and healing. When health is optimal, there is a natural balance of muscle strength and range of motion.

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Structural Yoga Therapy An Efficient Anatomical

Structural Yoga Therapy concentrates on efficient and organized anatomical assessment of the individual's musculature. The Yoga therapist examines every muscle group for range of motion, muscle strength as well as pain.

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