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Marcia Monroe, author of Yoga for Scoliosis contributes an article to ScoliosisIndia.org. The Importance of The Feet and Legs for Scoliosis and Asymmetries by Marcia Monroe. My own path with idiopathic scoliosis has led me to study dance, movement therapy, and Iyengar Yoga.

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Yoga and Scoliosis: A Journey to Healthy and Healing is largely a detailed instructional book. It s apparent that the author, Marcia Monroe, is an experienced yoga practitioner whose credibility stems from having scoliosis, studying with Iyengar, and having seen--and personally experienced--positive results from the many poses that are

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