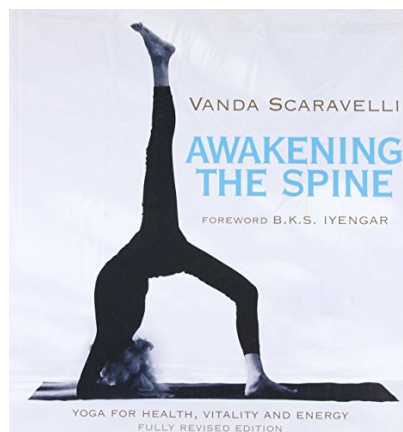


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A fully revised and updated edition of the classic yoga book, with a new foreword by B.K.S. Iyengar. For more than twenty-five years, until her death at ninety-one, Vanda Scaravelli helped transform bodies and lives with her innovative approach to yoga through the proper alignment of the spine. She listened to the body and worked with instead of against it. She used gravity, grounding, and breathing to achieve dramatic improvements in health and wellbeing. Awakening the Spine offers a gentle way to achieve and maintain overall health and a naturally supple spine at any age. Scaravelli's lasting message reminds readers that, if you are kind to your body, it will respond in an incredible way. Illustrated with color photographs, and lovingly revised by Vanda's daughter Paola Scaravelli Cohen based on the extensive notes Vanda left behind, Awakening the Spine is published for the first time as the author intended making it the definitive edition of one of yoga's all-time classics."

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