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offers a gentle way to
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overall health and a naturally supple spine at any age. 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. With a new foreword by B.K.S.

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Taught by Iyengar
and Desikachar, she

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went on to establish her own yoga school based on her ideas regarding breath, gravity and the spine. She voices her theories in the book. She became quite well known and regarded before dying 50 years later in her nineties. flag 6 likes · Like · see review

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‘Awakening the Spine’ is Scaravelli’s only work and is therefore an invaluable record of her teaching and approach. In his Forward to this work, BKS Iyengar describes Vanda

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Scaravelli as 'a versatile personality, rare to find in this world' and her book as 'an interesting basic treatise on the spine.'

Book Review:
Awakening The Spine
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A focus on spinal alignment and being kind to the body defines the gentle, grounding practice of Scaravelli yoga. This competition is now closed. By Simone Scott. February 24, 2020 at 2:07 pm.

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and supple at 88,
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reprint of this classical
work, revised by
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Awakening the Spine
offers a gentle way to
achieve and maintain
overall health and a
naturally supple spine
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Vanda Scaravelli

(1908 - 1999) is known for her contribution to the practice of yoga in the West. She learnt yoga as an early student of two of Tirumalai Krishnamacharya 's pupils, B. K. S. Iyengar who taught her the asanas , and

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T. K. V. Desikachar
who taught her
pranayama (yoga
breathing).

Vanda Scaravelli -
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Christinson of Pacific
Ashtanga Yoga Shala
Diana begins a new
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Spine is the

culmination of Vanda

Scaravelli's decades

of experience

exploring the union of

breath, gravity and

anatomy. Her insights

and musings are

unique and will inform

and instruct all who

read them. She began

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her study of yoga with
B.K.S. Iyengar and
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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. A fully
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yoga book, with a new
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Awakening the Spine
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Vanda Scaravelli was
inspired to move and
change the Western
posture in a way that
brought us more into
an awareness of the
spine and its

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connection to the
limbs. The term
'Scaravelli inspired
yoga' was originally
suggested by Diane
Long, a student of
Vanda's for 25 years,
as being a more
appropriate way of
describing her own
teaching.

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For this reason, Vanda was torn about whether to title her book “Awakening the Spine” or

“Reawakening the Spine.” The capacity that Vanda’s yoga touches is present in all of us, just waiting to be given the conditions to flourish.

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The Legacy of Vanda
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Awakening the Spine
offers a gentle way to
achieve and maintain
overall health and a
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Vanda left behind,
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Vanda Scaravelli
approach to yoga, the
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