

# Scoliosis & PRACTICING YOGA

By Sri Lakshmi Devi E-RYT

**There are two forms of Scoliosis... Structural or Functional...** Structural SCOLIOSIS is much more serious and develops as a result of unequal growth of the two sides of the vertebral bodies. It usually appears during adolescence; Functional SCOLIOSIS only affects the back muscles and does not structurally alter the body.

It can result from such things as poor posture or repeated unbalanced activity, such as always carrying books on one side. Creating destructive habitual movement...

**There are six major areas of the body that are very important in creating proper functional alignment and range of motion...**

1. Feet and Legs
2. Spine
3. Psoas
4. Scapula
5. Abdominal Muscles
6. Breath

SUPATHA is a Yoga method renowned for its precise attention to alignment, and anatomical detail, a diversity of sequences that attend to special physical challenges such as Scoliosis; helping to improve one's posture ...

For someone with scoliosis it is very important to both lengthen and strengthen the muscles that support the spine in order to relieve tightness and pain. Balancing poses help build core and spinal stability. Standing poses strengthen the legs creating a solid foundation from which the spine can stretch and become freer... This enables the legs, rather than the spine, to carry the weight of the body.

At the same time, it is very important to create flexibility in the legs for greater mobility, particularly, in the hips, gentle twists and hip openers create healthy spinal and joint rotation... There are many yoga postures that stretch the hamstrings, hip flexors, and quadriceps which are the key muscles that not only create more mobility and strength but which can help improve posture... Using the breath to initiate movement can actually stretch the intercostal muscles and create more lung capacity as well as more evenness of the sides of the body.

As one becomes more aware of imbalances throughout the body and begin to accept where they are in the present moment, one can begin to correctly re-align the body. Choosing the path of yoga, rather than surgery requires not only commitment but inner awareness. Guidance from a competent teacher is helpful, but awareness of our own bodies is crucial. Only through our own constant awareness and loving attention can we learn to love and nurture ourselves and trust our inner knowing to guide us to a vivacious state of being.

A consistent yoga practice can help create proper alignment and balance decreasing pain, and minimizing further curvature of the spine. When the body is balanced and aligned with gravity, a yoga posture will be almost effortless.

**Supatha Yoga & Pilates**  
*A place for Health & Healing*  
 908-996-6428  
 in The Historic Kingwood Schoolhouse  
 12 Fairview Road  
 Frenchtown, NJ 08825  
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**YOGA FOR SCOLIOSIS...**  
*A Workshop with Lakshmi.*  
 Saturday, September 11th at 1:00pm  
 \$25per person

For additional information visit our website at...www.SupathaYoga.com.  
 Lakshmi Devi holds numerous certifications in Yoga, Pilates, Reiki, Personal Training, Fitness and Life coaching...

## August WORKSHOPS

**ALIGNMENT - workshop - STANDING POSTURES - Saturday 08/07/2010 at 1:00pm.**

You will learn key techniques in applying the principles of Structural Alignment to your Yoga Postures. This class will teach you the fundamentals to break the habits of incorrect posture and give you the tools to incorporate body awareness in everyday activity. Applying and maintaining physical alignment gives us the information to understand our own body, showing positive results across the spectrum of health. Our physical relationship with gravity determines whether our journey through life will be one of buoyancy and lightness or tension and struggle...

**How to Use PROPS - Saturday 08/14/2010 at 1:00pm.**

Active yoga props let you reach poses and stretch muscles you may not otherwise be able to; enhancing your yoga practice no matter what your level of fitness or flexibility. Lakshmi will instruct you on using a yoga mat on any surface, how to use a strap to get the results you may have been missing, the proper way to position a yoga block and the benefits of using blankets. Teaching you the fundamentals to get you started using props in the most effective way.

## September WORKSHOPS

**YOGA for CYCLIST- Friday 09/10/2010 at 6:45pm.**

"A workshop to prevent common injuries for Bike Riders " The posture a cyclist conforms to astride a bike also contributes to muscle tension and imbalance... The spine is in a constant state of flexion, hunched over the handlebars. In order to achieve overall flexibility and balanced muscle groups, a biker needs to incorporate counteracting movements. A yoga practice can help restore balance, first by taking the alignment principles of yoga and transferring them to how you sit on your bike... A consistent yoga program can build a cyclist's strength and endurance and introduce flexibility to chronically tight muscles...

**SCOLIOSIS and Practicing YOGA - Saturday 09/11/2010 at 1:00pm.**

In the practice of doing the yoga postures, there is an emphasis on postural alignment, particularly in the Iyengar system. One becomes more aware of imbalances throughout the body and learns methods of improving one's posture. For someone with scoliosis it is very important to both lengthen and strengthen the muscles that support the spine in order to relieve tightness and pain. You will learn there are six major areas of the body to focus on while doing the yoga poses for scoliosis. These areas are very important in creating proper alignment, decreasing pain, and minimizing further curvature of the spine.

**YOGA Postures for ARTHRITIS - Saturday 09/25/2010 at 1:00pm.**

A practice to promote healthy mobility... Learn how YOGA Asana and BREATH work can improve ROM and decrease the discomfort of tightness in the muscles. Experience the healing benefits of safe physical movement incorporated with breath awareness to increase energy, stamina; strength while promoting flexibility and enhancing relaxation. Lakshmi is a certified fitness instructor for the Arthritis Foundation of America.

## October WORKSHOPS

**The Essentials of MEDITATION - Friday 10/08/2010 at 6:45pm.**

In Meditation, you are fully awake and alert, but your mind is not focused on the external world or the events taking place around you. Neither is your mind asleep, dreaming, or fantasizing. Instead, it is clear, relaxed, and inwardly focused. You will be given easy ways to incorporate meditation into your everyday life. These simple techniques lead to the "relaxation response," which promotes reductions in heart rate, blood pressure, respiratory rate, oxygen consumption and muscle tension, as well as an improvement in immunity. The relaxation response works much like pushing a "reset" button, enabling your body to return to a state of equanimity.

**SAFE Yoga for OSTEOPOROSIS - Saturday 10/09/2010 at 1:00pm.**

Yoga can be a beneficial weight bearing exercise to help build bones density.. Regular exercise can reduce the likelihood of bone fractures associated with osteoporosis. Studies show that exercises requiring muscles to pull on bones cause the bones to retain and perhaps even gain density. Yoga may not be the right choice, however, for those who have compression fractures in their spine or are otherwise frail, so do check with your doctor if you are considering starting a program.

**Sun Salutation - WORKSHOP - Saturday 10/23/2010 at 1:00pm**

Learn the fundamentals of Supatha's trademarked ¼ Series Surya Namaskar Level I... The physical base of the SUPATHA® sun salutation practice link together thirteen asanas (postures) sequenced in a dynamically performed ¼ series. These asanas are ordered so that they alternately stretch the spine backwards and forwards. When performed in the usual way, each asana is moved into with alternate inhalation and exhalation. A general healing tonic for the entire system massaging the internal organs, warms & limbers the muscles, tendons and ligaments of body...

## November WORKSHOPS

**YOGA for DEPRESSION - Saturday 11/06/2010...1:00pm...**

If you are suffering from depression, you are not alone; depression affects approximately 121 million people. Learn how specific postures, breathing exercises, and meditation techniques release traumas and suffering. Practicing Yoga regularly will strip away the obstacles that separate you from your source, and protect you from depressions debilitating effects. Yoga will help you stay bright-minded. Becoming more aware and able to recognize the signals and alleviate the symptoms before they become incapacitating. You will begin to recognize your wholeness.

**New classes offered in Ringoes, NJ at the Living Waters Lutheran Church**  
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