



Awakening the Spine

Vanda Scaravelli

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A revolutionary new method of yoga for overall fitness that teaches "if it hurts, it's wrong"--from a vibrant 83-year-old master.

Awakening the Spine Details

Date : Published October 11th 1991 by HarperOne (first published August 29th 1991)

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Author : Vanda Scaravelli

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From Reader Review Awakening the Spine for online ebook

emilie says

Her yogic technique is far better than her writing skills. I enjoyed the last section where she demonstrates different postures.

Sydney says

Worth reading for the images alone.

Erica says

This is not a book to read in order to learn yoga. Rather, it gives a depth of understanding to an existing yoga practice. Beautiful.

Michelle says

"Movement is the song of the body."

Leon Hermanson says

More of a scrap book than text book. Only for experienced yogis. Took a few tips from it, but my spine remains dormant...

Laura says

This book is so much more than what it sounds like from the title. It is full of wisdom, inspiration and beautiful photographs.

Greta says

This book gives the usual yoga instruction a new twist. Inspirational and uplifting, it encourages the gentle movement of the body to align not only one's spine but also oneself in the greater scheme of things. Lovely photos and role model in the supple bendiness of the 83-year-old author herself.

Marianne Meyers says

Beautiful, beautiful book. So knowledgeable, so simple, so clear, so loving. Seeing the photos of Vanda in asana are inspiring at her advanced age.

Chua Shuyi says

A beautiful book. Wisdom captured in small readings and sections. Love the choice of accompanying images.

Rob Martin says

Not your average yoga book.

Laura says

Lovely collection of photos and meditations on incorporating yoga philosophy into daily life.

One catch: The language often feels awkward. I don't know why the editor didn't step in more. I suspect the weird syntax has to do with translating Italian (whether that was done by the author herself or someone else). Sometimes, reading something written by Yoda, I was feeling, yes.

Mag says

Beautifully illustrated, but not so well written (or is it the translation that's ailing?), it was interesting, but not life changing. Interesting since Scaravelli, just like me, discovered yoga later in her life- in her late forties. Taught by Iyengar and Desikachar, she 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.

Ryan Dixon says

A key book for me, to back me up with Yoga practice and Yoga teaching.

Francesca says

I did not find this book very "awakening" even if my knowledge of yoga is pretty basic... And kinda still is. I guess I was looking for and needing something different, but that's me.

Judy Lindow says

Awakening the Spine is sort of an odd book. It looks like an easy read, there are a lot of pictures, but there are some points she makes about yoga and our bodies that I've never read about before. The most fascinating to me is the significance she places on the lower back, a point where the body extends upwards and downwards at the same time as a result of gravity - a sort of magical junction.

For example, in this analogy that compares a tree to a body she writes, "This central point of the tree, where it touches the earth's surface, corresponds in our body to the waist at the level of the fifth lumbar vertebra, where the human spine moves in both directions. Goethe said that he could understand the falling of the apple (that gave Newton the idea of gravity) but he could not understand how a tree could grow in two opposite directions. This inexplicable cosmic interconnection of dynamic movements, following the law of gravity, is the same that moves the planets and holds the different worlds together.".

She writes: "We have three friends: gravity, breath, and wave (connected with the supple movement of extension along the spine). These three companions (fused in one) should be constantly with us. Her premise has perfect timing for me as I've recently become very interested in both breath and the spine - specifically the fluidity of the spine. She points out that extension and cartilage health through practice can be developed at any age.

The author expresses the importance of the spine, breathing, and practice. She talks about spine and nerve development, and our connection to the earth. Also interesting is that she writes about probable yoga practice in early Egypt - which is an insight in Shanon Gannon's (Jivamukti Yoga founder) new book.

The book was written 30 years ago which probably places her experience and education with BKS Iyengar about half a century ago.
