



# Awakening the Spine: The Stress-Free New Yoga that Works with the Body to Restore Health, Vitality and Energy

*By 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.

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#### **About the Author**

Vanda Scaravelli was born in Florence, Italy. She studied for many years with B.K.S. Iyengar and trains teachers who teach her new form of yoga all over the world.

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