



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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