

Yoga Therapy for Scoliosis

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Introduction

Scoliosis is a condition in which the spine curves sideways, affecting posture, movement, and sometimes even internal organ function. This guide offers practical yogic approaches to gently support spinal alignment, muscular balance, and nervous system calming.

Do's and Don'ts for Scoliosis Patients

Do:

- Practice gentle spinal lengthening poses
- Strengthen core and back muscles evenly
- Use props to support the curve
- Focus on breath awareness and relaxation

Don't:

- Do deep twists or forceful backbends
- Stand unevenly or carry heavy weights on one side
- Ignore pain or discomfort

Recommended Yoga Poses

- Tadasana (Mountain Pose) – for balance and awareness
- Ardha Uttanasana (Half Forward Bend) – lengthens the spine
- Adho Mukha Svanasana (Downward Dog) – strengthens back
- Setu Bandhasana (Bridge Pose) – supports lumbar stability
- Supta Padangusthasana – improves pelvic balance

Lifestyle Recommendations

- Sit and stand with support and awareness
- Avoid slouching or tilting weight to one side
- Use ergonomic furniture if sitting long hours
- Include anti-inflammatory foods in your diet (e.g., turmeric, leafy greens)
- Gentle walk and pranayama daily

Get Personal Support with YogTherapy.in

If you're living with scoliosis and looking for relief, join our personalized Yoga Therapy sessions. Shivangi, a certified yoga therapist, offers one-on-one care to guide your healing journey.

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