



## Structural Yoga Therapy: Adapting to the Individual

By Mukunda Stiles

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### Structural Yoga Therapy: Adapting to the Individual By Mukunda Stiles

Structural Yoga Therapy has been written for teachers and serious practitioners who want to use yoga to bring complete balance to the body. Mukunda Stiles begins by providing a comprehensive overview of the spiritual philosophy of yoga, and its many branches. He discusses everything that a beginning student needs to consider when choosing a practice, including how to find a yoga teacher. He also shares his solid understanding of anatomy and kinesiology (how specific muscles and bones react during movement) so that you can understand how each asana affects your body. Structural Yoga Therapy "TM" involves a series of 24 asanas. You'll learn "body-reading" to determine what your posture reveals about muscular imbalances. You'll find out about joint mobility and muscle strength and learn how to work with a series of joint-freeing exercises to strengthen muscles. Once you are fully acquainted with your individual needs, Stiles teaches you how to synthesize a personalized program from the 24 Structural Yoga asanas to optimize health and healing. This valuable textbook is also useful for anyone working in physical therapy, myofascial release techniques, or other forms of massage.

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## **Structural Yoga Therapy: Adapting to the Individual** By Mukunda Stiles Bibliography

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### **Editorial Review**

#### **From the Inside Flap**

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#### **About the Author**

Mukunda Stiles has been a student of yoga since 1969, living and teaching in ashrams in both India and America. He has been on the board of directors of several international yoga organizations and has directed residential yoga centers in California, Boston, and most recently the Yoga Therapy Center near Boulder, CO.

### **Users Review**

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