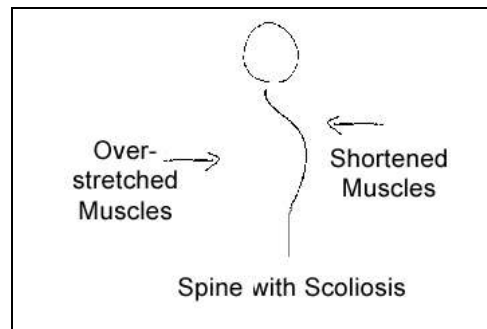


This routine is designed for scoliosis that curves to the right, like I'm showing in the drawing. If I am behind you and I look at your back, your spine curves toward your right side. If it is the opposite, you need to reverse my instructions in this routine.



This routine will take 25 minutes. You can still also do other yoga. For results, you will need to do the routine at least 4 times a week. Daily is best, but you can still get results with as little as 4 times a week. It takes 6 – 8 weeks for muscles to begin real changes, but you might start seeing results in a couple of weeks.

Do the parts you understand. Feel free to post questions about anything you aren't clear about and you can add the poses as you get to know them.

The most important thing about this routine is that we're just stretching one side. The next most important thing is how you hold the poses and the way you pay attention to your breathing as you do them.

Before you begin this routine you will need to read up on two *Breathing Themes*. *Breathing Theme 10* and *Breathing Theme 1*. To find them:

Look to the menu on the right side of the page.

Click on 'Breathing Themes'

That will take you to the main page of *Breathing Themes*. Scroll down the big list and find:

[Breathing Theme 1 - Your Relaxation Response](#)

[Breathing Theme 10 - Moving with the Breath](#)

See if you understand the idea behind these *Breathing Themes* and how to use them in your poses. To help you understand them, practice *Breathing Theme 10* with a movement oriented pose like the Twist or Simple Side Bend and see if you can get the feel for how to use it. Practice *Breathing Theme 1* with any pose and see if you understand how it works.

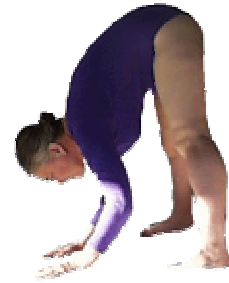
It's also a good idea if you click on the 'Warnings and Caveats' on the menu on the right hand side of any page. Read them and post questions about any that apply to you.

The poses in this routine are all on the website under the names used. The only one that isn't well explained on my site is the full Twist, but the Twist 1 gives you a large part of the idea, and can be used as a substitute if necessary. If you don't know a pose or it's not a variation on something you already understand, learn only one new one a day. You can learn them from the site and from asking me anything you're not clear about.

Do nothing to the point of pain.

1. Standing Wide Angle with Twist

a. Begin by doing **Standing Wide Angle**, as shown here. This is a variation on Dandayamana - Bibhaktapada – Paschimottanasana. If you can't reach the floor, bend your knees if you need to, but only as much as you need to in order to have some part of your hands on the floor. Settle into place.



Hold the pose for 2 -3 breaths, using *Breathing Theme 1*.

Notice your upper body sinking down, letting go and your lower back stretching as you breathe out.

b. Place both hands on the floor in front of your **Left** foot, or as close to it as possible.

Keep your weight even on both feet. If your knees are bent, they both need to be bent the same amount. (Don't bend one more in order to move your hands to the right.) Have your fingertips or full palms on the floor.

Hold for 6 or more breaths, using *Breathing Theme 1*.

c. Now do **Standing Wide Angle with Twist** going into and out of the pose using ***Breathing Theme 10***.

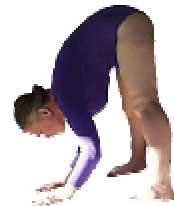
Like this:

Breathing in, keep your **Right** hand on the floor, raise your **Left** hand up behind you. Finish fully breathing in, twisting more and more as you breathe in. You can push against the floor to increase the twist. Reach with your top arm as long as you're twisting. This is a very 'active' pose.



Breathing in – twisting.

Breathing out, slowly untwist, returning to the front, lowering your self back into Standing Wide Angle



Breathing out

Repeat. Do at least 5 times as you breathe in and out.

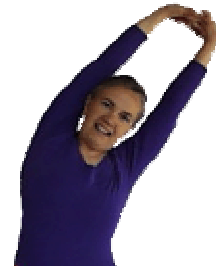
2. Simple Side Bend

Do only to the **Left**, so you're stretching your right side.

First, hold for 6 breaths using *Breathing Theme 1*.

Feel your body going deeper and deeper into the pose with every breath out.

If you reach your limit before 6 breaths, hold it there for at least one breath before releasing the pose.



Next, go into and out of the pose using *Breathing Theme 10*.

Go only to the right, stretching your left side.

Do 5 – 10 times.

3 & 4. Puppy alternating with Cat

Start in Table Stance



Go into Puppy pose.

Hold Puppy pose for 6 Breaths using *Breathing Theme 1*.



Return to Table Stance

Go into Cat

Do 5 – 10 rounds of Cat using *Breathing Theme 10*.



Go back into Puppy, repeat until you've done both poses 3 times each.

5. Twist

To the **Left** only.

I would like you to do the twist with one leg extended out onto the floor, as you see in this picture, not both legs wrapped around you as you usually do. This will change the way your upper body stretches. See how my hand is holding my straight leg? This 'pushing' against my right knee, which is encouraging my body to twist more. (I say 'pushing' but that's really too active an word.)



First, hold for 6 breaths using *Breathing Theme 1*.

Feel your body going deeper and deeper into the pose with every breath out.

If you reach your limit before 6 breaths, hold it there for at least one breath before releasing the pose.

Next, go into and out of the pose using *Breathing Theme 10*.

Go only to the right. Twisting as you breathe out, returning to the front as you breathe in.

Do 5 – 10 times.

6. Side to Sides

To the **Left** only.



First, hold for 6 breaths using *Breathing Theme 1*.

Feel your body going deeper and deeper into the pose with every breath out. If you reach your limit before 6 breaths, hold it there for at least one breath before releasing the pose.

Next, go into and out of the pose using *Breathing Theme 10*.

Go only to the left. Lowering your knees to the right as you breathe out, returning your knees upright as you breathe in.

Do 5 – 10 times.

7. Leg Fold 1

Once. Hold for 6 or more breaths using *Breathing Theme 1*.



8. Rock and Rolls, (The Bug)

10 or more rocks along the middle of your back.

Finish either by rocking yourself upright or by return to Corpse pose for breathing exercises and relaxation.

I would encourage you to practice *Step-by-step Relaxation (Breathing Theme 3)* as part of your general yoga practice. It will one day help us to learn to relax the tight side of your body even more.

If you need to shorten this routine, you can leave out:

- Puppy & Cat combination
- Leg Fold
- Rock and Rolls

They are helping your overall spine, encouraging the straightening, but not as much as the other stretches. They're also helping loosen your lower back.