**Practice 4 - Scoliosis- Finding Alignment (not symmetry) / Balance**

* Morning Series
* Child's pose to side
* DD with straps around elbows
* Trikonasana on wall with toes up wall foot on block
* Trikonasana with variation for scoliosis – pushing down into block on one side, hand on the chair lengthening the side waist on the other side
* Ardha Chandrasana pushing down into block
* Parsvakonasana fingers on wall to create length in side body (of shortened side)
* Parvsottonasana with hands on chair, open chest
* Parsvottonasana with hands on back of chair
* Virabhadrasana I with strap around wrists
* Side stretch using a strap on a door
* Side Plank on convex side of the curve
* Serratus Anterior push-ups
* Parighasana (gate pose) against the wall
* Janusirsasana
* Upavista Konasana
* Parvritta janusirsasana variations
* Side lying over bolster on convex side
* Savasana