

STRUCTURAL YOGA THERAPY BY MUKUNDA STILES%0A

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[Structural Yoga Therapy: Adapting to the Individual ...](#)

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.

[Structural Yoga Therapy: Adapting to the Individual eBook ...](#)

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[What is Structural Yoga Therapy? | Colorado Springs Yoga ...](#)

This method was created in 1976 by Mukunda Tom Stiles, author of Structural Yoga Therapy, Ayurvedic Yoga Therapy and Sutras of Patanjali. Mukunda is on the Advisory Board of the International Association of Yoga Therapists and is the founder of the Yoga Therapy Center. [Structural Yoga Therapy: Adapting to the Individual ...](#)

Mukunda Stiles is the director of the Yoga Therapy Center in Denver, CO., and lectures throughout the U.S., Europe, and India. He serves on the Advisory Board of the International Association of Yoga Therapists, and is the author of Structural Yoga Therapy, Patanjali's Yoga Sutras, and Ayurvedic Yoga Therapy.

[Mukunda Stiles: A Life Dedicated To Yoga Yoga Basics](#)

Mukunda Stiles, founder of Yoga Therapy Center in Boulder, Co., and author of several yoga books, died Feb. 18. In his definitive 2001 book, Structural Yoga Therapy, Stiles encapsulated his life's teachings and education on the integration of the human body with the spirit.

[Structural Yoga Therapy : Adapting to the Individual by ...](#)

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