

THE POWER OF SPINAL EXTENSION _____

Spinal extension? What's that? Simply put, it's the action of extending your spine by drawing your shoulder blades powerfully together and lifting your heart center up to the sky. Think of backbending poses like cobra, bridge or full wheel.

This effective action not only has incredible healing powers for your back, it encourages better posture and enhances the effectiveness of your breath.

Take notice of how often you are hunched over throughout the day. Reverse it by standing tall, threading your fingers together at the base of your spine, powerfully drawing your shoulder blades together and lifting your heart center up. 10 to 20 seconds of this several times a day can help keep back pain away!!