

HUNCHED OVER?_____

Moving out of forward flexion is essential for a healthy back. Anyone that has attended a yoga, strength or core class at the studio has practiced spinal extension and reaped the benefits.

It's so important. Many back issues are related to (if not caused by) too much forward flexion (think bad posture). We are, in general, a hunched over society. Shoulders slumped forward, chin dropped, upper back inactive and rounded, hearts closed.

Make yourself present and feel yourself stand up straight. Draw your shoulder blades together and down a bit, lift your chin, pull your belly in and create the postural awareness that you need. You will breathe more effectively, move more efficiently and give your back muscles the attention they deserve!

IT'S ALL IN THE BREATH_____

Breathe in and breathe out. Most of us go through the day without thinking about our breath, yet it's the only thing we really need from moment to moment. Be thankful for this incredible life force.

When you find awareness with your breath, your life becomes fuller, happier and healthier!