



## Library - Better Posture Practice

In today's society, we all suffer from hunched shoulders, it is even being called 'ihunch' caused by our increased use of our mobile phones and computer work. To help support our posture we need to do 4 key things. 1. Loosen the tense muscles of the neck, shoulders and upper back. 2. Strengthen and rebuild the natural curve of our spine with tummy time, much like how an infant gains it's strength to eventually stand and walk. 3. Strengthen our deep inner core, so our core is stable and can support us. 4. Stretch our front chest muscles.

1		<p>Constructive Rest Pose</p> <p>Purpose: centering before practice, allowing the spine to come to neutral</p>	<p>Come to lie on your back, knees bent, feet parallel and hip width apart.</p> <p>1. Connect with your breath: IN: expand your belly, breath is wide and deep. EX: gently hug your belly to your spine.</p>
2		<p>Gentle neck undulations</p> <p>Purpose: gently release the neck and shoulder muscles.</p>	<p>1. Gently move your neck from side to side, back and forth, curving, undulating, as though you could write your name in cursive on the ceiling with your nose. Gentle neck movement.</p> <p>2. Gently move your shoulders, rolling one then the other.</p>
3		<p>Hip circles while laying on your back</p> <p>Purpose: gently lubricate the hip joint.</p>	<p>Draw your knees up. Place your hands on top of your knees, then gently circle your knees together and apart, close to and away from your body.</p>
4		<p>Leg extension while laying your back</p> <p>Purpose: to stretch and</p>	<p>Extend one leg up, loop a strap around the heel of the lifted leg. Bottom leg can remain bent or can be extended. If extended, point toes to the ceiling. Pause here for several breaths.</p>


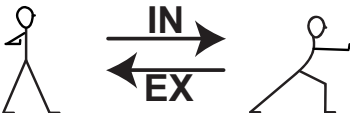
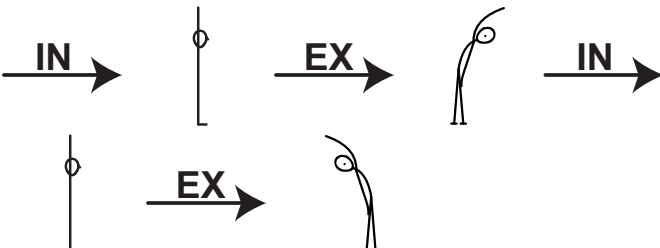


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		warm back of the leg	(switch sides)
5		<p>Wheel Sequence: Cow pose to Cat pose to Child's pose</p> <p>Purpose: to warm up the back</p>	<p>Come to all fours. IN: your head up and your tail up EX: draw belly to the spine, rounding your back, press your hips back coming to child's pose, fore arms come to the floor. IN: scoop forward returning to cow pose. (repeat several times)</p>
6		<p>Tummy Time Sequence 1: laying on belly then to baby cobra pose, back to laying on belly.</p> <p>Purpose: to warm up back, and to strengthen upper back and neck muscles, countering 'ihunch' poor posture.</p>	<p>Come to lie on your belly. Face down. Hands near your low ribs, elbows pointing upward and drawing towards one another. EX: draw your low belly in IN: lift your head and your neck. hands stay lightly on the ground. (repeat several times) For more effort can also lift hands, and legs.</p>
7		<p>Wheel Sequence: Cow pose to Cat pose to Child's pose</p> <p>Purpose: to counter #6</p>	<p>Come to all fours. IN: your head up and your tail up EX: draw belly to the spine, rounding your back, press your hips back coming to child's pose, fore arms come to the floor. IN: scoop forward returning to cow pose. (repeat several times)</p>
8		<p>Arms circles while laying on your side.</p> <p>Purpose: to help loosen and stretch the shoulders, arms, front chest</p>	<p>Come to lay on your side. Knees bent at a 45 degree angle like you were sitting in a chair. Stack one hand on top of the other, arms extended out in front of your face.</p> <p>1. Extend your top hand past the palm of your bottom hand. Imagine you had a piece of chalk in your top hand and you could draw a circle around your head on the floor. IN: sweep your top arm along the floor over your head, then rotate your shoulder. EX: continue sweeping your around around behind you, across the top of your thigh, to complete the circle. 1. make 3 complete circles 2. on the 4th circle, pose in that juice,</p>


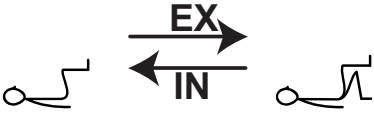

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			stretch spot for 3 breath cycles. (repeat on the other side)
9		<p><b>Tummy Time Sequence 2:</b> Belly to alternate arm and leg lift</p> <p>Purpose: to strengthen back, restore correct curve of spine from 'ihunch'</p>	<p>Come to lay on your belly. Bring your arms along side your body, palms facing down.</p> <p>IN: lift your right arm and your Left leg. EX: release down</p> <p>IN: lift your left arm and your right leg EX: release down (repeat several times)</p>
10		<p><b>Wheel Sequence:</b> Cow pose to Cat pose to Child's pose</p> <p>Purpose: to counter #9</p>	<p>Come to all fours.</p> <p>IN: your head up and your tail up EX: draw belly to the spine, rounding your back, press your hips back coming to child's pose, fore arms come to the floor.</p> <p>IN: scoop forward returning to cow pose. (repeat several times)</p>
11		<p><b>Kneeling Gate Pose</b></p> <p>Purpose: to lengthen and warm the side body, loosen shoulders and neck, strengthen core stabilizing muscles, open the front body.</p>	<p><b>From Table Pose:</b></p> <ol style="list-style-type: none"> <li>1. Step your right foot forward and out to the side, being sure that your knee does not bend past your toes.</li> <li>2. Place your right forearm on your right thigh, coming into a slight side bend.</li> </ol> <p>IN: your left arm up, turning your gaze towards your left hand deepening your side bend. EX: bend your left arm, drawing your shoulder blades together, turning your gaze towards your right knee.</p> <p>3. Repeat sequence several times (repeat sequence on 2nd side)</p>
12		<p><b>Mountain Pose</b></p> <p>Purpose: to explore current posture</p>	<p>Come to stand, feet parallel, hip width apart.</p> <p>Feet: Where are your feet? Where is the weight in your feet? See if you can make it even.</p> <p>Knees over ankles, knees are not locked.</p> <p>Hips over knees - are your hips way forward or way back?</p> <p>Draw the low belly in, tail bone sinks downward.</p> <p>Shoulders over the hips. Are your shoulders up near you ears?</p> <p>Draw your head back like you were pressing into a head rest, chin slightly tucked.</p> <p>Practice your breath here.</p>

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			IN: expands the belly, wide and deep EX: low belly hugs in.
13		Angel wings  Purpose: increase shoulder mobility, open the front body.	From Mountain Pose. IN: open your arms out wide to the side, lift your collar bones and heart, bring your gaze towards the ceiling EX: sweep your arms forward in front of your body, bringing the backs of the hands to touch, elbows slightly bent, head bowed. (repeat several times)
14		Standing Triangle to Warrior I  Purpose: To strengthen and stretch the neck and upper back and to build strength in the legs, open the front body.	From Mountain Pose: Step one foot forward and slight out to the side. Hips face forward, back heel is on the ground. EX: bend your front knee, being careful not to allow your knee to go past your toes while you push forward with your hands. IN: straighten your front leg, while you flip the palms of your hands, bend your elbows and draw your shoulder blades together. Repeat several times, then switch sides
15		Side Bends  Purpose: to stretch the side body and strengthen stabilizing core muscles.	From Mountain Pose: IN: arms up over head EX: draw your low belly in and bow to the side. IN: back to center (repeat going from side to side)
16		Easy Pyramid  Purpose: Lengthen back, stretch back of the leg	From Standing Triangle, place your hands on your extended leg. EX: slid your hands down the front leg bowing forward, bringing your hands to rest on the floor, blocks or a chair. (pause, taking several breaths) IN: to come up (repeat 2nd side)
17		Mountain Pose  Purpose: to explore current posture	Come to stand, feet parallel, hip width apart. Feet: Where are your feet? Where is the weight in your feet? See if you can make it even. Knees over ankles, knees are not locked. Hips over knees - are your hips way forward or way back? Draw the low belly in, tail bone sinks downward. Shoulders over the hips. Are your shoulders up near you ears? Draw your head back like you were pressing into a head rest, chin slightly

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18		<p>Angel wings</p> <p>Purpose: increase shoulder mobility, open the front body.</p>	<p>From Mountain Pose.</p> <p>IN: open your arms out wide to the side, lift your collar bones and heart, bring your gaze towards the ceiling</p> <p>EX: sweep your arms forward in front of your body, bringing the backs of the hands to touch, elbows slightly bent, head bowed.</p> <p>(repeat several times)</p>
19		<p>Deep Core Work</p> <p>Purpose: to strengthen the deep core for better spinal stability</p>	<p>Come to lay on your back. Lift your legs so that your knees are over your hips and your shins are parallel with the ceiling.</p> <ol style="list-style-type: none"> <li>1. Draw your belly towards your spine.</li> <li>2. Draw your hip points towards one another as though you were putting on a tight pair of pants.</li> <li>3. Without losing this deep connection and keeping one leg completely still, lower the other leg, without changing the bend in your knee so that your heel can touch the floor.</li> </ol> <p>EX: bringing a heel to the floor IN: return to starting position Move slower than you want to.</p>
20		<p>Final Relaxation Pose</p> <p>Purpose: for the body and mind to integrate the efforts of your practice.</p>	<p>From Constructive Rest Pose placed a blanket under your knees and relax. Bring your attention back to your breath.</p>

The best way to combat poor posture, is to practice good posture often. Take time often during your day to practice some of these poses often.