

Healthy Posture Tune-Up

Create Awareness

To create lasting change, we must first cultivate awareness of the body + mind. Mindfulness teaches us to observe the present moment, without judgment.



Mind / Body Connection:

- **Awareness** - How are you holding your body?
- **Mindfulness** - Pay attention to the present moment without judgment.
- **Body Scan** - A practical technique to cultivate mindfulness + self awareness of your body in space. Don't over think these questions, just observe.
 - How are your legs, hips, and lower back supported?
 - Do you feel more weight in one hip/foot compared to the other?
 - Where are your shoulders in relationship to your hips?
 - Where are your ears in relationship to your shoulders?
 - Are you able to take smooth, comfortable breaths?



Key Anatomy Concepts:

- **Main Regions of the Spine:**
 - **Cervical** - neck, smallest vertebral bones, largest range of motion.
 - **Thoracic** - mid back, connects to ribcage.
 - **Lumbar** - lower back, largest vertebral bones, minimal rotation.
- **Key Directions of Spinal Mobility:**
 - Flexion / Extension
 - Rotation (right / left)
 - Lateral Movement (right / left)
- **Practice Happy Spine Sequence to feel directions of movement (following pages).**



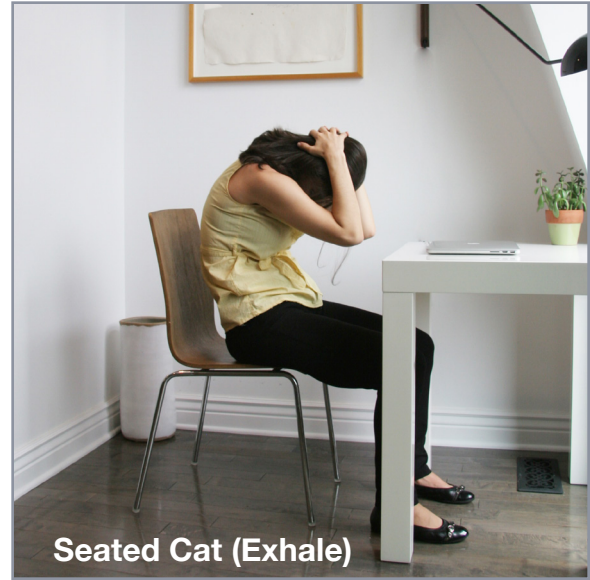
Cultivate Healthy Seated Posture:

- Close your eyes and relax your face and jaw.
- Ground your feet and point your toes forward.
- Feel your hips rooted in your chair.
- Stack your hips, shoulders, and ears as best as you're able without tension. Most of us need to roll the shoulders back and move the jaw line back in space.
- Gently lengthen your spine towards the ceiling and feel a lift from within.
- Relax your shoulders, and bring your attention to your breathing. Take five deep breaths. Inhale and feel your spine grow taller. Exhale and feel your hips anchored to the chair.
- Repeat anytime you notice yourself slouching or fatigued.

Unfold | Happy Spine Sequence

Seated Cow / Cat Pose

Feeling tired? These dynamic postures will energize your mind + body.



How To:

- Sit at the edge of your chair, feet flat on the floor and hands behind head.
- Inhale, extend your spine and look up.
- Exhale, flex your spine and look down.
- Link your breath to your movement.
- Breathe smoothly and fully, keep your face relaxed.
- Repeat 10 times.

Benefits:

- Promotes healthy spine movement and circulation.
- Opens the chest and stretches the back and shoulders.
- Invigorates the nervous system and energizes the body.

Tips:

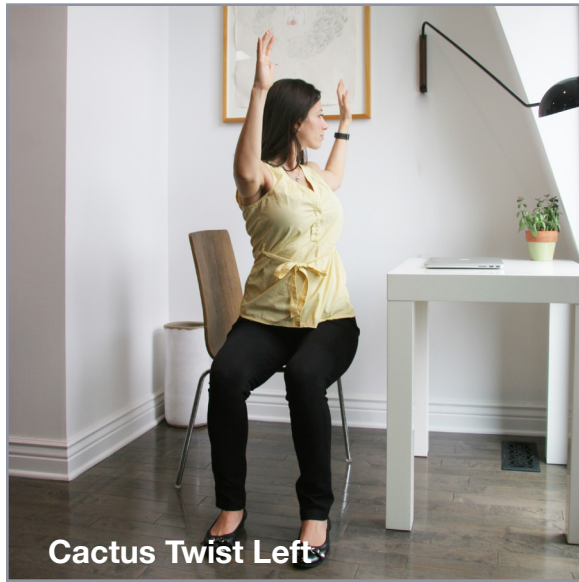
- Practice this if you're feeling tired or sluggish.
- You can do this standing up or sitting down.
- Do ten repetitions at the end of a conference call.

unfold

Unfold | Happy Spine Sequence

Seated Cactus Twist

Feeling bloated? This cleansing twist will aid digestion and tone your belly.



How To:

- Sit at the edge of your chair, feet flat on the floor, knees over the ankles.
- Inhale, open your arms into a cactus shape.
- Keep your chest open, your spine lifted, and your feet and hips grounded.
- Exhale, twist to your right and gaze over your right shoulder.
- Breathe smoothly and fully, keep your face relaxed.
- Hold for 5 breaths. Repeat to the left.

Benefits:

- Promotes healthy spine rotation and circulation.
- Opens the chest, strengthens the back and core.
- Promotes digestion, cleanses the body, and creates space for a deeper breath.

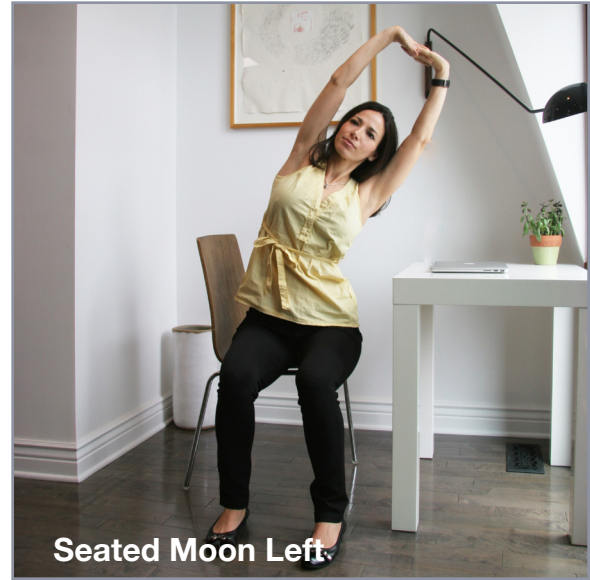
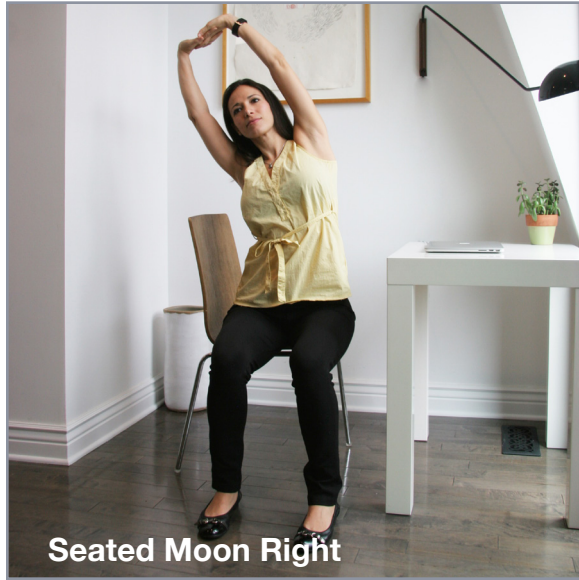
Tips:

- Practice this if you're feeling bloated or lethargic.
- Tone your belly on the exhalation.
- Try this before lunch or before an afternoon snack.

Unfold | Happy Spine Sequence

Seated Moon Pose

Feeling foggy? This pose will help you to take expansive, invigorating breaths.



How To:

- Sit at the edge of your chair, feet flat on the floor, knees over the ankles.
- Inhale, interlace your fingers and press the heels of your hands to the ceiling.
- Keep your spine lifted and your feet and hips grounded.
- Exhale, stretch to the right and visualize your inhalations going into your left lung.
- Breathe smoothly and fully, keep your face relaxed.
- Hold for 5 breaths. Repeat to the left.

Benefits:

- Promotes healthy spine via lateral flexion and extension.
- Opens the side body and stretches the shoulders and wrists.
- Facilitates a deep inhalation which energizes the mind.

Tips:

- Practice this if you're feeling sluggish or foggy.
- Use your inhale to create length in the spine, and your exhale to go deeper into the pose.
- Experiment with different arm positions, such as hands clasped behind your head.