

Posture



"[The] philosophy, known as embodied cognition, is the idea that the relationship between our mind and body runs both ways, meaning our mind influences the way our body reacts, but the form of our body also triggers our mind."

Vivian Giang, in Fast Company magazine

How Heavy is Your Head?

12 lbs.	32 lbs.	42 lbs.
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Normal posture 2 inches forward 3 inches forward

For every inch of forward head posture, it can increase the weight of the head on the spine by an additional 10 pounds.

Kapandji, Psychology of Joints, Vol 3

Source: Charmaustin.com. August 14, 2020

Expand your chest muscles, align your spine, and strengthen back muscles to improve posture.

Mountain pose



- Promotes postural alignment



Downward-facing dog

- Elongates spine
- Strengthens upper body



Sphinx Pose

- Engages upper back muscles (rhomboids and trapezius)
- Expands chest (pectoral muscles)



Supported fish pose

- Deep stretch in chest and shoulders
- Restores natural curves of the spine