

Health Repair Yoga
Program Course Option:

Reverse the effects of sitting

Learn how to
counteract the effects
of sitting and prevent
long term problems.



Why

Is sitting really the new smoking? Should we all work at a standing desk? What actually happens when we sit for long periods of time and why is it so bad?

When you sit for 60 minutes or more in front of a computer or in the car your spine ends up in flexion in what's known as a kyphotic state. This is a real rounding of the spine which in turn pushes your neck out and you end up very short through your pec minor and pec major muscles and tight through your back.

This misalignment of the body has a domino effect on our health and wellbeing. Being in that kyphosis all day puts a lot of pressure on your diaphragm so you can't breathe properly, and when you can't breathe properly, you are more likely to feel stress and anxiety.

How

This yoga program will:

- Zone in on problems with misalignment to avoid kyphosis.
- Help keep muscles, joints and tendons strong and flexible.
- Support better breathing and ultimately better management of stress.

What you will learn

We can't avoid sitting completely so you'll learn:

- How to sit safely and cultivate better body awareness so you can self correct your posture.
- Poses that target the muscle groups that suffer from sitting, eliminating tension and stiffness to open your chest and back and improve your quality of breath.

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