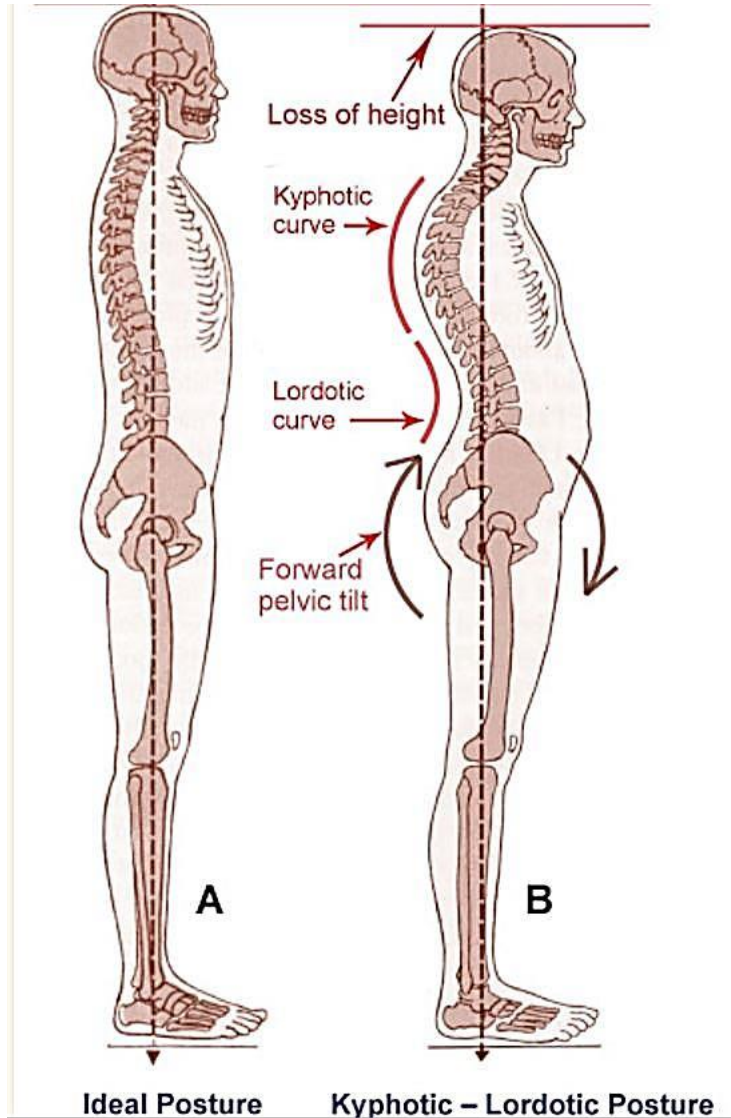


## Lower Back Pain – The Price of Poor Posture



### Yoga for healthy back and bones.

**You need to be mindful of how you treat, your body:** - give it the right kind of exercise, feed it properly and maintain a positive outlook.

- **Maintain good posture** - with your head over your shoulders and your shoulders in line with your hips, to prevent pressure on your spine. Practice sitting, standing, and walking with awareness.
- **Putting your body through its full range of motion** - from standing to sitting, back and forth, twisting side to side – increase and maintain mobility and flexibility.
- **Incorporate restorative poses** - That allow your body and your muscles to relax completely.

Yoga can help bring in all of this plus helping you with maintaining good bone density..

**Hari om Jean**