


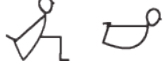
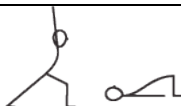


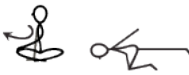
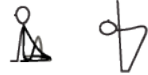

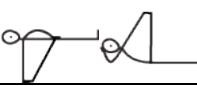




DIRECTIONAL MOVEMENTS OF THE SPINE AND THEIR APPLICATION

	INTENTION	EXAMPLE	APPLICATION
FORWARD BENDING	1. To stretch lower back		To release lower back tension (in combination with back bending & twisting)
	2. To stretch the structures of upper back, shoulder girdle and neck		To address upper back and neck tension
	3. To stretch the hamstrings		To stretch the hamstrings and release lower back tension
BACK BENDING	1. To expand and stretch the chest		<ul style="list-style-type: none"> To reverse slouching and relieve tension in the chest area To deepen the breathing To facilitate "heart opening"
	2. To stretch the solar plexus, abdomen, front of the hips and thighs		To address the tension in the hip flexors and thighs
	3. To strengthen the musculature of the back		<ul style="list-style-type: none"> To strengthen the back, to release lower back tension To stabilize the lower back before going into deep LB, TW or unsupported BB
TWISTING	1. To rotate the spine		<ul style="list-style-type: none"> To build strength and flexibility in deep and superficial spinal and abdominal muscles To bring balance to asymmetrical muscular development
	2. To adjust the relationship between the shoulder girdle and the spine		<ul style="list-style-type: none"> To address upper back and neck tension To address asymmetries of the shoulders, upper back and neck
	3. To adjust the relationship between the pelvic girdle and the spine		<ul style="list-style-type: none"> To release lower back tension To address asymmetries of the hips, pelvis and legs
LATERAL BENDING	1. To laterally stretch the torso from the shoulder to the hip joint		<ul style="list-style-type: none"> To restore balance to the asymmetries of the spine, shoulders and pelvis To stretch and strengthen the musculature of shoulder joints and upper back To expand the ribcage and facilitate deeper breathing
	2. "Pelvic opening"		To stretch and strengthen the musculature of hip joints, front of the pelvis and inner thighs
AXIAL EXTENSION POSTURES	1. To bring the spine into maximum vertical alignment, integrating the spinal curves without strain or compression		<ul style="list-style-type: none"> To improve postural alignment and overall structural integration To strengthen the diaphragm and abdominal muscles
	2. To extend the arms and legs, facilitating the extension of the spine		To create space in the shoulder and hip joints and improve circulation