



POSTURE IS IMPORTANT

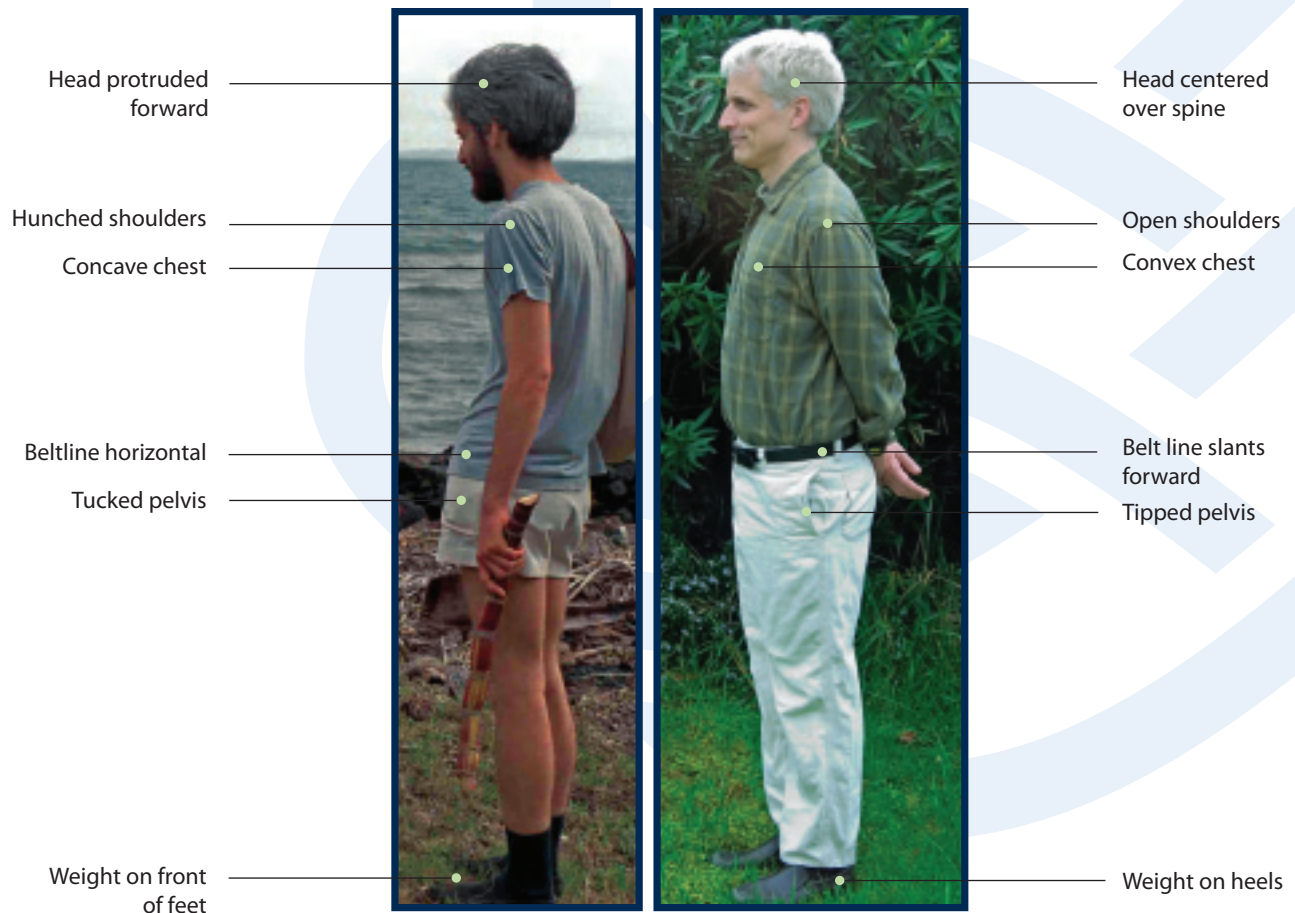
Posture affects your muscles and joints, organs, emotional health and appearance.

DOES POOR POSTURE CONTRIBUTE TO YOUR PROBLEMS?

Whether you have back pain, neck pain, bunions, or carpal tunnel syndrome, poor posture could be contributing to your problem. In our experience, improving the body's physical structure is beneficial for conditions as diverse as fibromyalgia, irritable bowel syndrome and depression.

YOU CAN IMPROVE YOUR POSTURE

Even after decades of slouching or swaying, you can make profound changes rapidly with the right approach. Students of the Gokhale Method™ experience benefits from Day One that remain with them for life. You can too!



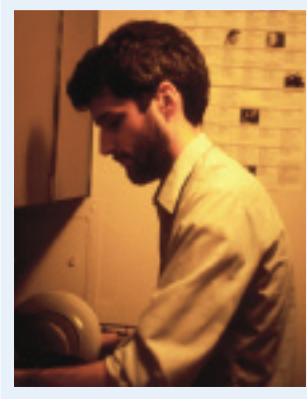
Brian White Before GM posture training Age 28

Brian White After GM posture training Age 48



THE SHOULDER ROLL - A SIMPLE SOLUTION FOR HUNCHED SHOULDERS

If you know that your shoulders slump forward, don't try to fix the problem by pulling your shoulders back or "standing up straight." These fixes usually only last a short time and actually do more harm than good. The shoulder roll allows you to relax your shoulders into an open, stable position that requires no effort to maintain.



Hunched shoulders



Well-aligned shoulders

HOW TO

- Move one shoulder forward, upward, and as far backward as you comfortably can without moving your body significantly.
- Gently slide your shoulder blade down along your spine.
 - You will find that your shoulder settles further back than usual, without your holding it there.
 - You may feel as though the shoulder soft tissue has been "ratcheted" back a notch.
- Repeat on the other side.



BENEFITS

- Better blood circulation to and from the arms
- Greater endurance for repetitive tasks
- Improved breathing pattern
- Decreased hunching in the upper back
- Improved appearance

CONDITIONS HELPED BY SHOULDER ROLLS

- Carpal tunnel syndrome
- Repetitive stress injuries of the hand, wrist and elbow
- Poor circulation to the hands (cold hands, some arthritic conditions of the hands, dry skin)
- Shallow breathing

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8 STEPS TO A PAIN-FREE BACK

available wherever books are sold