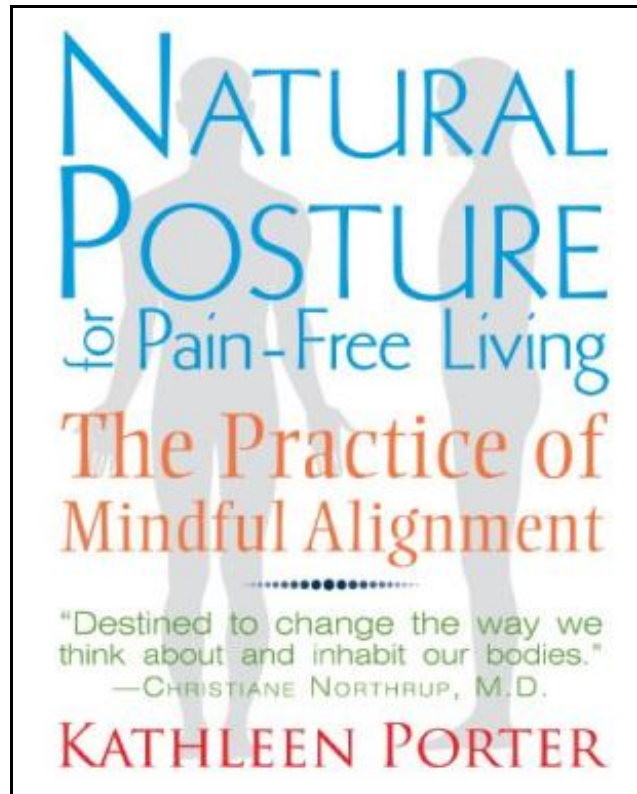


## Natural Posture for Pain-Free Living: The Practice of Mindful Alignment



Filesize: 3.13 MB

### ***Reviews***

*Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.*  
**(Watson Kohler)**

## NATURAL POSTURE FOR PAIN-FREE LIVING: THE PRACTICE OF MINDFUL ALIGNMENT



Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Posture for Pain-Free Living: The Practice of Mindful Alignment, Kathleen Porter, Our bones are the framework of support for our bodies, much like the wall studs and beams of a house. Yet the alignment of the skeleton along the vertical axis of gravity is largely overlooked today, even by fitness experts and yoga teachers. In a culture of cocked hips, sauntering models, and slouching TV watchers, where "chin up, shoulders back, stomach in" is believed to be good posture, we have forgotten what healthy alignment looks and feels like--leading to chronic neck, shoulder, and back pain for millions. Sharing photographs from around the world of "gurus" of natural posture and authentic strength, such as women in their 80s who easily carry heavy loads on their heads and toddlers learning to walk, Kathleen Porter shows what natural skeletal alignment truly looks like. With insights based on the fundamental laws of physics and detailed full-color diagrams, she guides you through an understanding of the body's naturally pain-free design. She explains that when the body is aligned as nature intended, your weight is supported by your bones rather than your muscles, allowing a blissful release from chronic muscular tension--which you may not even be aware you had. She offers 12 physical exercises to become mindful of your posture and discover healthy alignment of your pelvis, rib cage, shoulders, neck, and your body as a whole. Providing easy-to-follow instructions for mindful alignment during the most ordinary daily activities, even sleeping, as well as a chapter on practicing yoga safely, Porter shows how returning to our forgotten alignment from childhood can offer relief from chronic pain and tension and can provide easy flexibility, enduring strength, and vitality well into old age.



[Read Natural Posture for Pain-Free Living: The Practice of Mindful Alignment Online](#)



[Download PDF Natural Posture for Pain-Free Living: The Practice of Mindful Alignment](#)

## Other eBooks



---

### **You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most**

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

[Download eBook »](#)



---

### **Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success**

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

[Download eBook »](#)



---

### **Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download eBook »](#)



---

### **A Dog of Flanders: Unabridged; In Easy-to-Read Type (Dover Children's Thrift Classics)**

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic....

[Download eBook »](#)



---

### **It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em**

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

[Download eBook »](#)