




GENTLE SOMATIC YOGA®

POSTURE TYPES	THE KNOCK-ON EFFECT
	<p>THE RED LIGHT REFLEX Can cause shallow breathing, hip and knee pain, neck pain, TMJ issues, abdominal discomfort</p> <p>To relieve the effects of forward slumped posture, one GSY movement will be to gently exaggerate the contraction of the front body to highlight it to the brain, then consciously release the area, returning the muscle tone to neutral. This helps us stand more upright, taking the strain off our joints, muscles, ligaments and fascia, deepen our breathing and creates more space in the abdomen for our organs</p>
	<p>THE GREEN LIGHT REFLEX To relieve the effect of this posture type, one of the movement flows softly tightens then releases the muscles of the lower back, relieving compression in the lumbar spine</p> <p>Exaggerated lumbar lordosis can be painful + may restrict movements such as bending forward. Severe exaggerated lordosis may cause herniated discs, hip and knee pain, back or neck pain, numbness or tingling that radiates into the legs and feet</p>
	<p>THE TRAUMA REFLEX Can lead to one-sided pain or discomfort, sciatica, leg length discrepancy/one hip or shoulder higher than the other + scoliosis</p> <p>In class, we use movements to release tension through the waist, ribs and outer hip. A leg length discrepancy caused by poor posture creates unbalanced muscle strength and tension, potentially leading to bursitis and osteoarthritis of the hip, patella and back pain. In this condition, one leg looks and feels longer than the other, but is the same length when measured.</p> <p>When 'bad' posture becomes a habit and you sit or stand in the same position daily for months or years, your muscles compensate. Some muscles become shorter and tighter and pull the hip up, and the muscles attached to the lower hip become weaker, longer and looser</p> <p>Another way this can happen is if you stay in one position with one hip higher than the other for a long time.</p>

I look forward to sharing sensational somatics with you!