

Postural Repatterning

An essential part of any training for Physical Performance

NEUTRAL STANDING POSTURE



TECHNIQUE:

1. Stand, feet hip-width distance apart, toes pointing forward. Bring awareness to your feet on the ground. Notice how you feel the weight distributed (front, back, middle, sides?)
2. Soften your knees, place your fingertips on your hip bones, notice which way they are pointing as you tilt the Pelvis forward and back - explore the movement.
3. Center pelvis over the feet, working from the ground upwards to create a stable base.
4. Work from the base of the spine continue extending upwards, working up against gravity, inhale lift up through the chest, sternum and allow the shoulders to move up to the ears.
5. Exhale, let the shoulders release back and down Relaxing arms, at your sides, and jaw while maintaining the lift (extension) through the spine.
6. Bring chin parallel to the floor. Bring awareness to the back of your body - allow back of head, tailbone, and heels to align, helping the body to naturally initiate the lower abdominals.
7. Bring awareness to your breath, as you maintain your Neutral Standing Posture, let the breath move in out without tension and/or resistance.

BENEFITS:

- Provide a stable balanced base.
- Creates potential for improved movement efficiency.
- Can improve confidence, boost mood and overall health.

NOTES:

- There is no perfect posture, find **your** "Neutral Standing".
- Improving your posture should not be hard work -the more you practice the easier it gets.
- A good posture is not just about skeletal alignment - it's about functionality and efficiency of all our systems including circulatory, respiratory, digestive, nervous and endocrine systems to name a few.