



Standing, Sitting, Walking, Running: How Your Posture Affects Your Mind

Jenny Beeken

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A book to return us to our natural posture of an upright spine on legs and feet that are active and at ease, and a head that is aligned and alive. Our habits with chairs, cars, computers and the rest encourage the body to collapse and the mind with it. The detailed instructions and drawings in this book are based on the teachings of Vanda Scaravelli and enable each part of the body to play its part in waking up to a wholeness that is totally transformative for each of us.

Although the inspiration for this book comes from the awareness that yoga practice brings, it is designed to be used by anyone with an interest in better posture and a better functioning body and only the most basic understanding of yoga principles is required.

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