



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

Kathleen Porter

Download now

[Click here](#) if your download doesn't start automatically

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

Kathleen Porter

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

Restoring healthy posture from childhood for relief from chronic pain, easy flexibility, and enduring strength and vitality well into old age

- Offers 12 physical exercises to become mindful of your posture and discover pain-free alignment of your pelvis, rib cage, shoulders, neck, and back
- Provides simple yet detailed instructions on how to sit, stand, walk, bend, get up from a chair, sit to meditate, sleep, and practice yoga with proper alignment
- Includes full-color diagrams and posture photographs from around the world

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.

 [Download Natural Posture for Pain-Free Living: The Practice ...pdf](#)

 [Read Online Natural Posture for Pain-Free Living: The Practi ...pdf](#)

Download and Read Free Online Natural Posture for Pain-Free Living: The Practice of Mindful Alignment Kathleen Porter

From reader reviews:

Amy Sims:

The actual book Natural Posture for Pain-Free Living: The Practice of Mindful Alignment has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Mcdougal makes some research before write this book. This kind of book very easy to read you can obtain the point easily after scanning this book.

George Conner:

Would you one of the book lovers? If so, do you ever feeling doubt when you find yourself in the book store? Attempt to pick one book that you just dont know the inside because don't evaluate book by its cover may doesn't work is difficult job because you are frightened that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer may be Natural Posture for Pain-Free Living: The Practice of Mindful Alignment why because the amazing cover that make you consider about the content will not disappoint anyone. The inside or content is actually fantastic as the outside as well as cover. Your reading 6th sense will directly show you to pick up this book.

Tammie Turman:

Reading a book to get new life style in this year; every people loves to examine a book. When you study a book you can get a great deal of benefit. When you read books, you can improve your knowledge, since book has a lot of information onto it. The information that you will get depend on what kinds of book that you have read. If you need to get information about your examine, you can read education books, but if you act like you want to entertain yourself read a fiction books, this sort of us novel, comics, and also soon. The Natural Posture for Pain-Free Living: The Practice of Mindful Alignment offer you a new experience in looking at a book.

Enola Hudson:

This Natural Posture for Pain-Free Living: The Practice of Mindful Alignment is brand-new way for you who has fascination to look for some information since it relief your hunger info. Getting deeper you onto it getting knowledge more you know or else you who still having bit of digest in reading this Natural Posture for Pain-Free Living: The Practice of Mindful Alignment can be the light food in your case because the information inside that book is easy to get by simply anyone. These books develop itself in the form which is reachable by anyone, yes I mean in the e-book type. People who think that in e-book form make them feel drowsy even dizzy this reserve is the answer. So you cannot find any in reading a e-book especially this one. You can find what you are looking for. It should be here for an individual. So , don't miss the item! Just read this e-book type for your better life and knowledge.

**Download and Read Online Natural Posture for Pain-Free Living:
The Practice of Mindful Alignment Kathleen Porter
#RHE8Y6QMK2**

Read Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter for online ebook

Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter books to read online.

Online Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter ebook PDF download

Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter Doc

Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter Mobipocket

Natural Posture for Pain-Free Living: The Practice of Mindful Alignment by Kathleen Porter EPub