

BROOKLYN SHIATSU



A L I G N +
R E L E A S E
yourself

Shandoah Goldman

Posture

Stand up straight?

How many times have we heard this instruction? My grandmothers words linger on...There are two basic qualities of alignment that make a 'good' posture for me.

1) **Dynamic Alignment** a movable structure which bends and sways rather than a fixed position held tight by contracted muscles

2) The spine is not straight. It is a vertical structure with curves

To cultivate a lengthened, movable structure in the spine, we will focus here on the alignment of the pelvis and bending.

Balanced Pelvis 1

To tuck or not to tuck? to tuck requires muscular effort in either direction

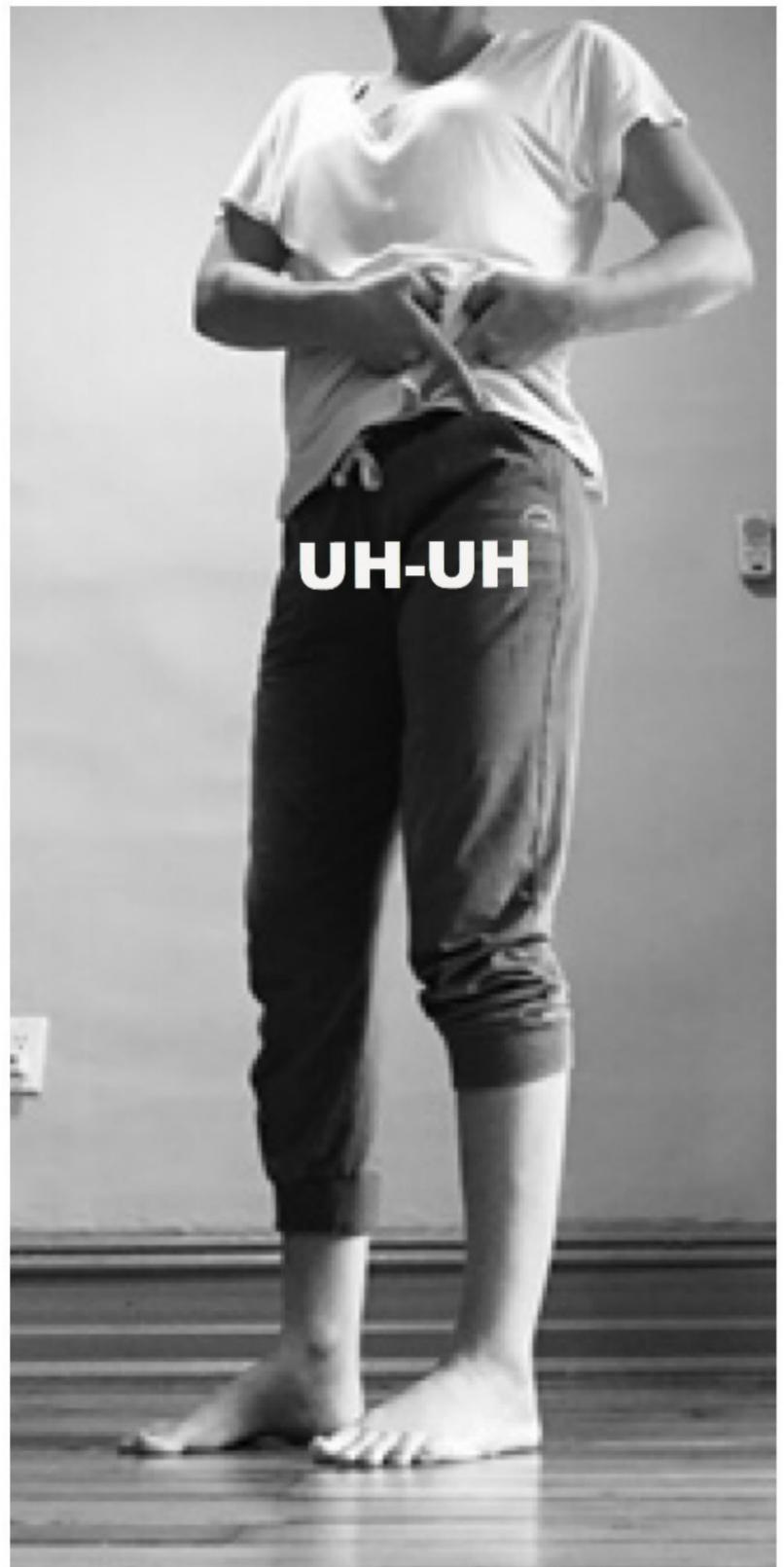
Un-tuck your pelvis and get your tail out from between your legs. Your spine becomes free to rise into gravity when your pelvis has space to move back into space.



Balanced Pelvis 2

Where are your hips?

Your hip joints are lower than you may think. This is where you want to bend from, so your spine can stay lengthened.



Bending

1

Are you bending from your spine? Ouch....

Your spine can bend, but to pick things up while using the spine as a lever, can cause pain and pronounced curvature.



Bending

2

Bend from your hips! Ahh

Your hips are designed as hinge joints, perfectly available for reaching down while keeping your spine long. Bending your knees here is a great idea.



Release

1

Release your hands, arms, shoulders and neck

Squeeze / press these pressure points for quick release from neck pain, typing tension, anxiety, headaches and stress!



Release

2

Release your forarms

Place one arm on the table and use the other as a 'roller' to release tension in arms, especially after typing or using your hands for long periods.

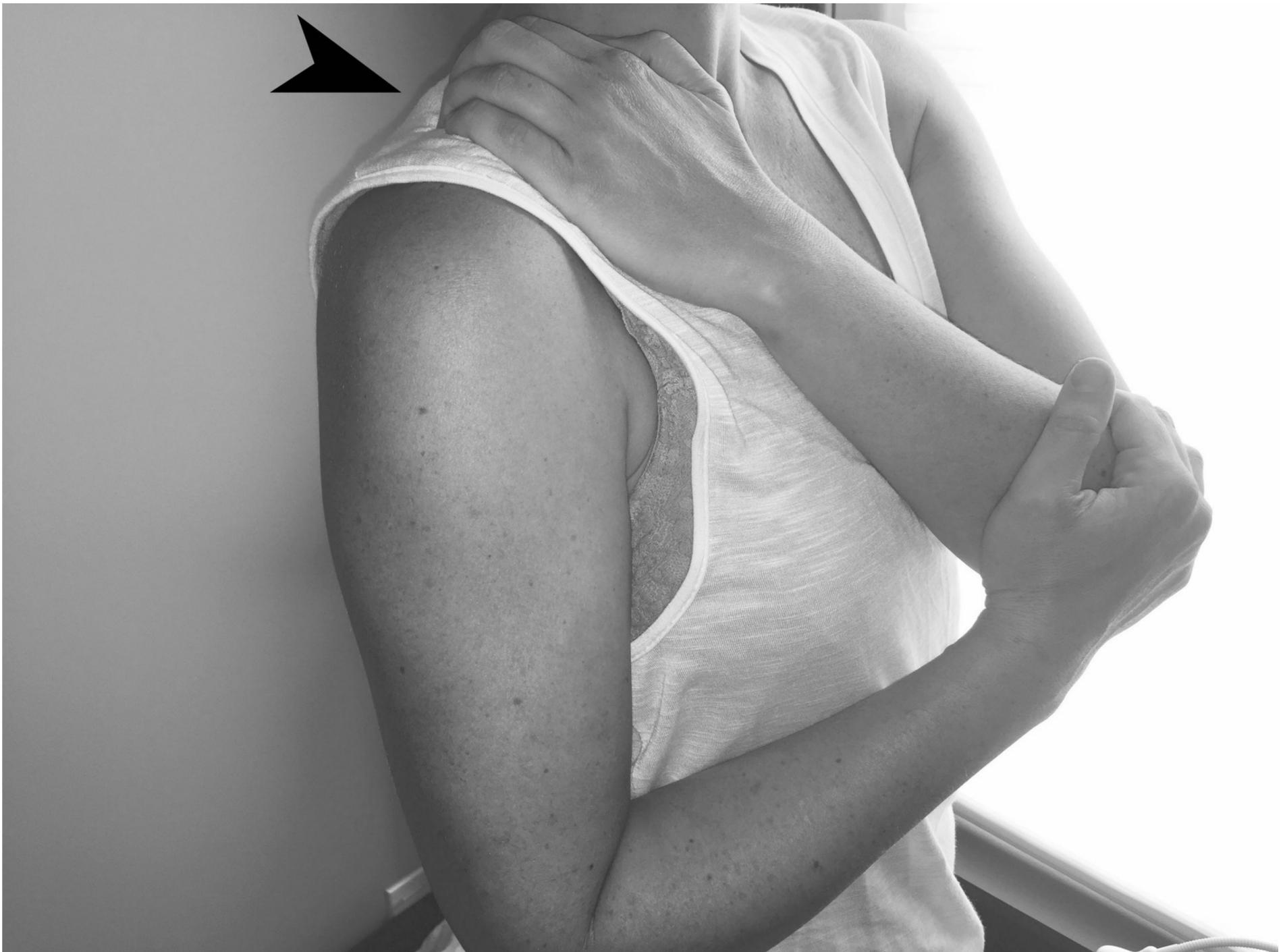


Release

3

Release your shoulders

Place finger tips of hand hand into the opposite shoulder while using the other hand to press your elbow down, creating pressure and release.

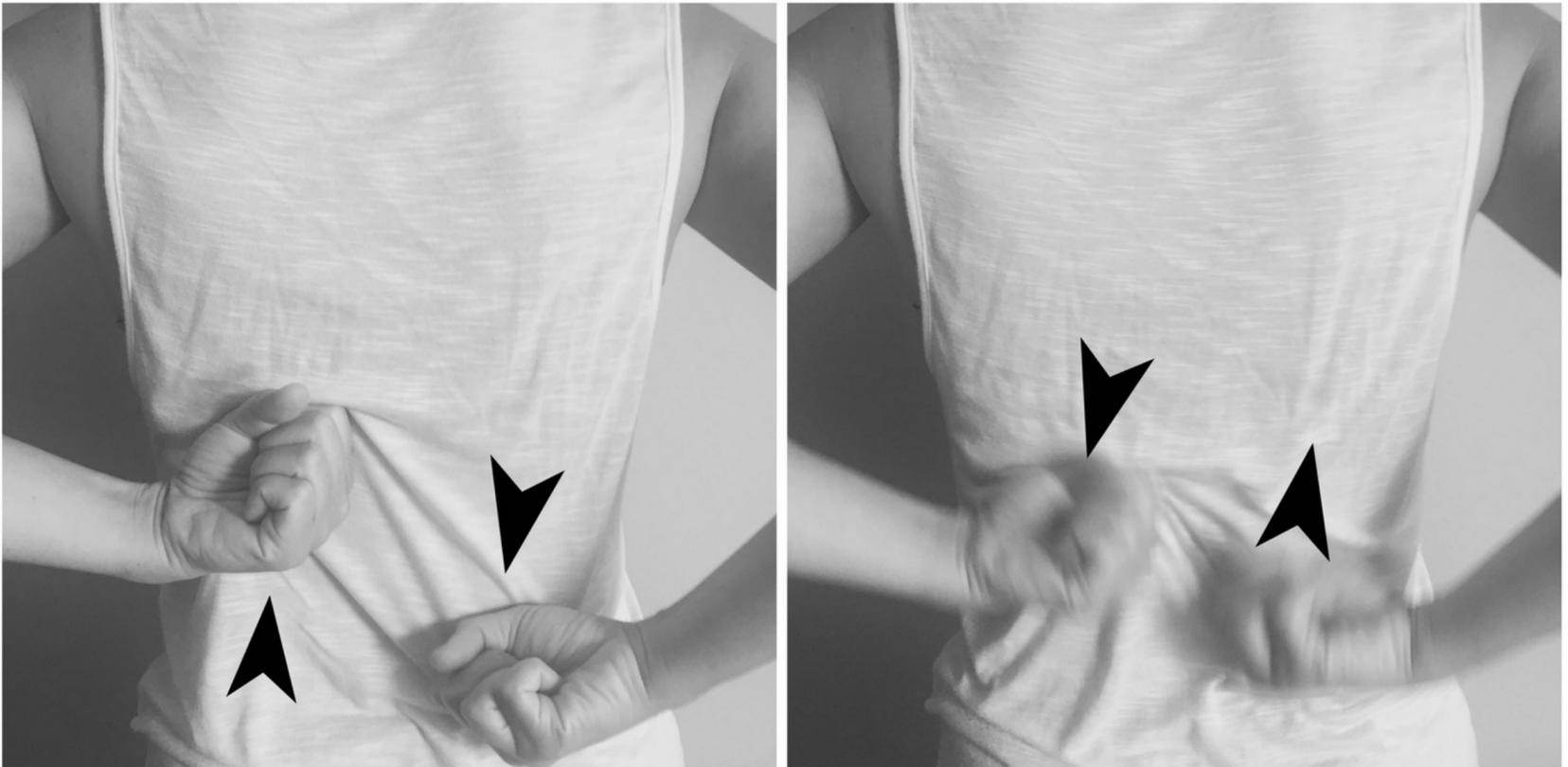


Release

4

Release your low back

With light fists scrub up and down.
Releasing tension in the lumbar spine.



Release

5

Release your neck + head

Using your thumbs, create L shapes under your occipital ridge. Lean your head back into your thumbs to create the right amount of pressure.



Release

6

Release your belly, breath deep

Moving with both palms in a clockwise direction, do 30 swift circles around your navel. Great to practice for sluggish digestion, cramps, or general balance to your organs.



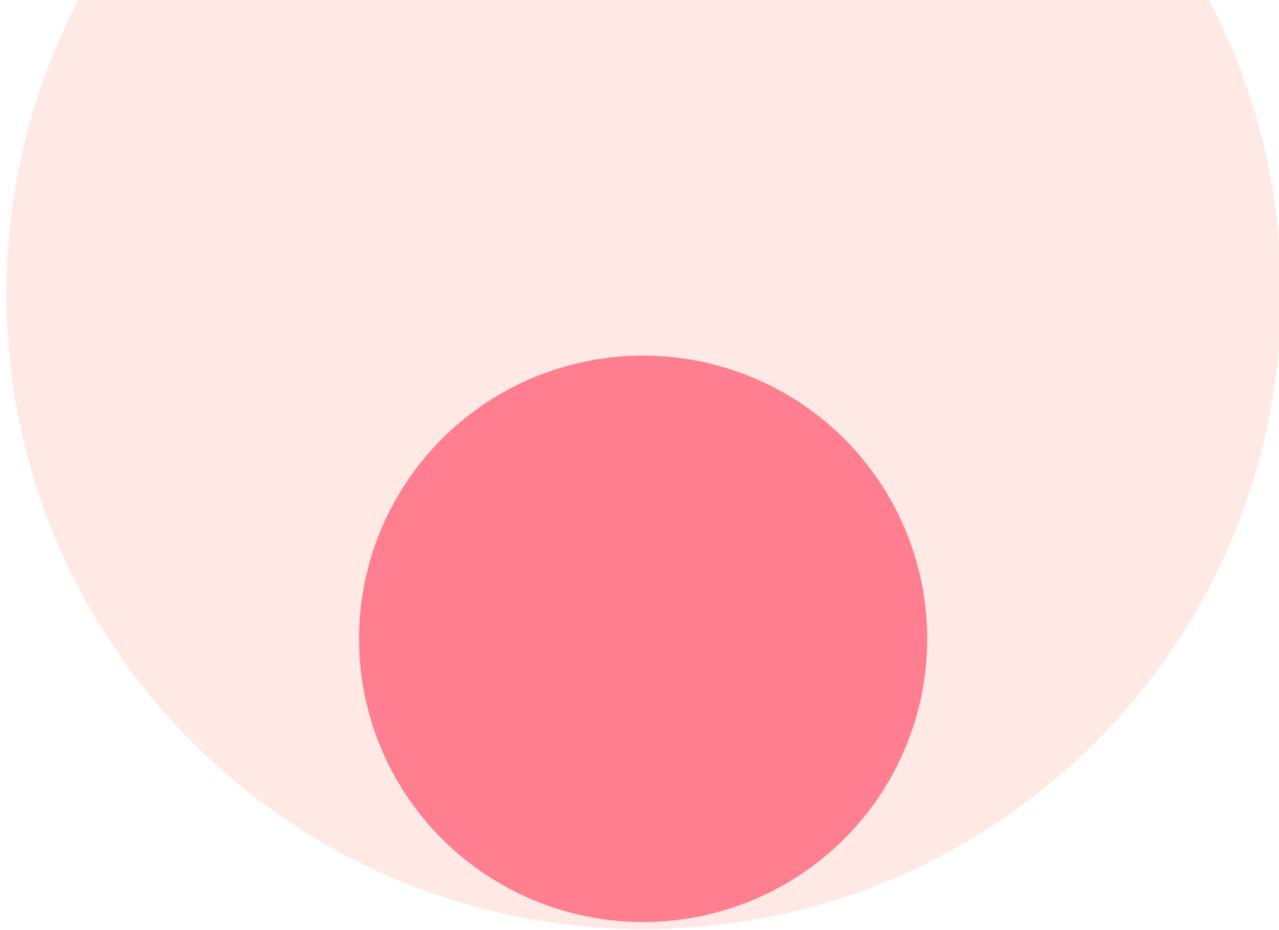
Release

7

Release your feet

These pressure points are great for foot pain as well as to stimulate balance and energy in the legs and entire body, Press for a few seconds each.





©brooklynshiatsu 2017