



## January News & Info

Aligning yourself for a healthy & productive 2016

Welcome to our new format of Calm & Bendy! Since we recently renovated our studio, we thought it was time to revamp our e-newsletter as well. Along with what's happening this month, you'll also see health tips and websites that will keep you informed on how to take better care of yourself. Hope you like our new look and as always, we welcome your comments!



*You won't want to miss:*

Yoga for Back Care with Lisa

**When?** Friday, 22 Jan  
**Time?** 19.00 - 20.15  
**Cost?** Normal class fees apply, book online.

Alignment Workshop with Kate

**When?** Saturday, 30 Jan  
**Time?** 16.00 - 18.00  
**Cost?** \$45 or a stamp & \$20 book at reception.

*For more information about these special classes in January, please visit our website at*

[www.KatePorterYoga.com](http://www.KatePorterYoga.com)

# January tips



## Healthy Back Care

1. Watch your posture when sitting.
2. Make sure you are sleeping on a proper mattress. One that is too soft is as bad for you as one that is too hard.
3. Pay attention to the pillow that you use. It should support your neck in a position that lengthens the spine appropriately.
4. Watch how you carry items such as groceries, luggage and children. Try to keep the weight balanced.
5. If you're carrying a few extra kilos, lose weight. It lessens the pounding effects on the joints.
6. Manage your stress levels. Yes stress causes us to slump too!
7. Work on strengthening your core muscles through Yoga and Pilates classes.
8. Find 10 minutes every day to stretch out your hamstrings and psoas muscles, which often contribute to a tight back.
9. Lift with your legs, not your back and make sure you bend at the knees. Don't be afraid to ask for help if the task is beyond your strength capability.
10. Find Tadasana ('mountain pose') everywhere throughout your day.

### 'Oh my aching back' yoga poses to the rescue

*Did you know that some lower back pain can come from tight hips and hamstrings? Even just a few therapeutic poses done regularly can help to lengthen and strengthen your muscles and increase flexibility.*

**Pick from the following poses and breathe in and out calmly while holding them. If you're unsure how to perform the poses, contact our teachers for help.**

**Downward-facing dog  
Bent knee forward fold  
Child's pose  
Cat & Cow  
Pigeon Pose  
Triangle pose**

#### Exercises to relieve back pain at work

