

## **Polozheniye - Natural Poise**

We've all heard of poise, but how many of us carry ourselves with pride, power, and assurance? We have such great reverence for those who have the ability to negotiate life's constant stresses with composure, unaffected by the duress of the issue, acting clearly and decisively without hesitation or doubt.

Yet, how many have claimed your RIGHT to have this regal bearing, so critical to your vital health?

Attain flexibility of the vertebra, a slim bearing and an undistorted spine - the overall beauty of the body; improve walking, and release the oppression of internal clumsiness and awkwardness in motion.

### **How does poor alignment adversely affect our health?**

Our joints are spongy shock absorbers that use water to dampen the blow of impacts. Unfortunately, daily tasks and natural forces, such as gravity, relentlessly force the lubrication from our joints. Over years of compacting, the lack of proper lubrication causes the joints to shrink and become brittle, which in turn causes stiffness, biomechanical interference (inability to fully move), and makes us injury prone.

#### *The process of low performance health:*

Stress, fears and impacts lead to structural distortions. Structural distortions create vertebral subluxations (or spinal misalignment), which severely diminishes our ability to breathe, keeping oxygen richness from delivery to our tissues. Vertebral subluxations create nervous interference, which significantly decrease our ability to respond to our environment, diminishing the performance and increasing the pain of daily tasks. Nervous interference in turn creates chemical imbalances, which lead to fatigue, nausea, asthma, migraine headaches, aching, sinus problems, immune system decline, and many, other health problems.

### **What are the Health Benefits of Polozheniye?**

#### *Joint Decompression and Structural Realignment*

Polozheniye can do the following for you:

- restores 'space' between our joints which permits their lubrication, keeping them healthy, functional and strong, which increases our mobility (without pain!), and our overall longevity;
- increases the effortlessness of our movement;
- short circuits the process of low performance health by preventing stress/impact from creating postural distortions;
- re-corrects postural distortions already affecting our life;
- prevents osteoporosis and the pain associated with it;
- realigns our structure giving us powerful and necessary respiration, by opening the our capacity for total volume breathing;
- helps you reclaim your birthright of human aesthetics - the charisma of noble bearing - Natural Poise.