

BENEFITS OF BACKBENDS

1. Lengthen and realign the spine.
2. Massage the spinal nerves and ligaments while strengthening the nervous system.
3. Relieve rounded shoulders.
4. Free the chest, rib cage, back, and abdominal muscles, thus allowing improved breathing to occur.
5. Help free up the diaphragm, which stimulates deeper breathing.
6. Stimulate the production of synovial fluid in the shoulder joints.
7. Develop strong back muscles.
8. Strengthen and tone arms, back, abdomen, buttocks, and thighs.
9. Heat and rejuvenate the body and mind.
10. Open up the heart center and build physical and emotional strength.
11. Strengthen concentration and mental determination.
12. Allow prana to ascend upward through the energy centers.