



Nina Saxena
Certified Postural Alignment Specialist, Physiotherapist & certified Pranvic Psychotherapist

01.

RESPECT PAIN

Pain is your body's alarm/ signal that something is not right- LISTEN and PAY ATTENTION to it- do not press the snooze button on this alarm.

Discontinue any exercise that aggravates your symptoms, don't push through pain!!

02.

BREATHE RIGHT & ALWAYS STAY CALM

There are only 2 ways to breathe- the *right* way & the *wrong* way. Breathe the right way- if you end up breathing erratically, or you end up with chest breathing, you are working too hard: slow down. Through each e-cise, slow deep abdominal breathing is the best way.

03.

LEAVE THE COMFORT ZONE

Working hard, and hard work will feel intense- you will have new sensations as new muscles wake up from slumber, however, **there should be no pain**. Change is uncomfortable and your body will resist it: Learn to distinguish between pain/ strain/tension- they are distinct sensations and while the last two are ok, the first one is not.

04.

FAST ISN'T ALWAYS RIGHT

Go slow, but go right! Do each movement, hold each posture correctly...it's not just about reps but about the reps in the right way-without compensations and dysfunctions. Do not force any movement, when you try to do that, you will lose. **UNDERSTAND & RESPECT YOUR OWN PACE!!**

05.

REMEMBER YOUR BODY AS A WHOLE

We are one unit, and more often than not, the site of pain is rarely the root cause of the pain- so instead of chasing symptoms, search for the root cause, and correct that. The symptoms will slowly disappear. *You are smart, your body is smarter!!*



Nina Saxena
Certified Postural Alignment Specialist, Physiotherapist & certified Pranvic Psychotherapist

06.

BE PATIENT – KEEP IT REAL & PERSEVERE

Short term goals & long term goals: some areas will show quick results provided you are on the right track but know that long term goals take time, so be willing to persevere and be patient & have realistic expectations, lasting change takes time.

07.

LESS IS OFTEN MORE!

Don't be fooled by the simplicity of certain e-cises. Even though it may seem they are easy and passive, often times, a lot of work is happening within the body in some of these simplest postures and movements.

08.

BE BODY-AWARE

Practice body-consciousness and awareness, feel each movement, get to know what the body is saying and respond to it accordingly. Be aware to be able to transform.

09.

YOU ARE YOU-NIQUE BUT NOT ALONE

Everyone is different and you are YOUUnique- stop comparing yourself to others, just compare yourself to yourself. However, you are not alone...we are all here to help each other, learn, share and grow together.

10.

REMEMBER YOU CAN LIVE PAIN-FREE

Our body can heal itself, given the right conditions-our job is to give those right conditions!

A pain free, active lifestyle is not only possible, but it is the way you should expect to feel and live, no matter your age, no matter your previous experience- Pete Egoscue