

THOR AXES TT01

DIRECTIONS:

Stand facing away from the anchor with hands overhead. Lock elbows. Inhale and let the yoga rope arch your upper back slightly and then gently throw the axe forward while exhaling. Repeat 10+ times.

Focus simultaneously on:

- 1 – vertical arching of the upper back
- 2 – air intake
- 3 – chest expansion

BENEFITS:

THOR AXES provide an excellent reverse stretch of the thoracic spine, which is subject to hunching, slumping and humping. The whole chest area is massaged and internally expanded. Ultimately a stronger upper thorax chest area relieves a large load off of the lumbar spine.

MINI-LESSON

The thorax consists of not only the 12 middle vertebrae, but also of the 12 ribs attached to them. In short the thorax is known in non-medical terms as either the rib cage or the chest cavity, inside of which are the lungs. Therefore **BREATHING** with chest expansion **IS EMPHASIZED** for each of the 8 thorax exercises.

BREATHING is a critical focus of yoga.

The breathing principles apply to all of the yoga rope exercises.

The thorax is the best place to introduce this critical theme as the lungs are lodged there.

Yoga rope exercises flow from position A to position B.

Inhale is associated with position A.

Exhale is associated with position B.

“Exhale upon Exertion” is a nice rule of thumb to remember.

Inhale fresh clean white air.

Exhale out CO₂ as the dirty exhaust.