

## THOR HAMMERS

## TT02

### 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 hammer from SIDE to SIDE. Repeat 10+ times.

Focus simultaneously on:

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

### BENEFITS:

THOR HAMMERS help diminish the affects of **KYPHOSIS** by strengthening your upper back and stretching your chest muscles.

**KYPHOSIS** is characterized by an excessive curvature of the upper thoracic spine. This condition results in a hunched, or humped back appearance with your shoulders slumped forward. Yoga poses that arch your back, that open or stretch your chest or strengthen your upper back muscles help reverse **KYPHOSIS**.

### **REVERSE THE CURVE OF YOUR SPINE THROUGH YOGA**

The spine has curves designed to maintain alignment and to assist in the stability the spine. Via poor posture, and or other structural problems these curves can become excessive. The physical practice of the yoga rope can help correct muscle imbalances that further aggravate spinal deformities.