

THORAX THEATRE

The thorax consists of not only the 12 middle vertebrae of the spine, 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.

The upper chest and back area should be strong and erect to help the body to maintain proper posture. Proper posture of the upper body relieves stress on the lumbar spine below.

When the thorax becomes weak – it starts to slump. This slumping can become progressively worse resulting in a hunched back appearance. When the back loses its ability to hold us in an upright position – the result is a condition called **KYPHOSIS**.

Yoga poses that arch your back, that open or stretch your chest or strengthen your upper back muscles help reverse **KYPHOSIS**.

Daily practice of the 8 exercises in THORAX THEATRE will gradually improve slumping posture by correcting muscle imbalances that had previously taken years to occur.

THORAX THEATRE is designed to be performed in under 8 minutes.