

CYNTHIA COOPER YOGA

"If you can breathe, you can do yoga."

Lower back stretch

Lower back tightness is common among computer users, which is almost all of us. Here's a stretch you can do almost anywhere:

Stand with feet hips' width apart. Bend forward from the waist as far as feels good. Your arms can dangle toward the ground, or you can cross them (try both ways to see which you prefer). Relax your shoulders, soften your knees, and hold your pose for 5-10 breaths. Slowly return to upright posture.

Not only will this stretch your lower back, it'll also give your heart a rest and refresh your brain. Give it a try and let me know what you think!

Book of the month

Your Spine, Your Yoga by Bernie Clark, one of the world's leading Yin Yoga teachers, is a fascinating read about anatomy, movement, and yoga. Everyone will get something out of it, but anatomy nerds will especially love it.

Private sessions

One-on-one practices are beneficial because they allow us to focus on your unique needs and goals. I use a range of yogic tools to design a practice that will make you feel amazing. Call or email me now!



Change It Up!

I'm writing this from a shady coffee shop located on the town square of Puerto Morelos, a tiny village on Mexico's Yucatán Peninsula. My table is right on the corner, where I can catch the Caribbean breeze from all directions and watch the people as I work. *Is it work if I enjoy it this much?*

Changing your routine doesn't have to involve air travel and mosquitoes; it can be as easy as taking a different route to work or trying a new yoga sequence. Doing new and different things creates fresh neural pathways in your brain, stimulating mental function and creativity. Stretching your comfort zone helps you face your fears. Staying out of a rut keeps you from becoming the grouchy old "Get off my lawn" man. And nobody wants to be that guy.

It's the little things. I'm going to have ceviche as my afternoon snack today instead of my usual guacamole. How can you freshen up your routine?

Namaste,