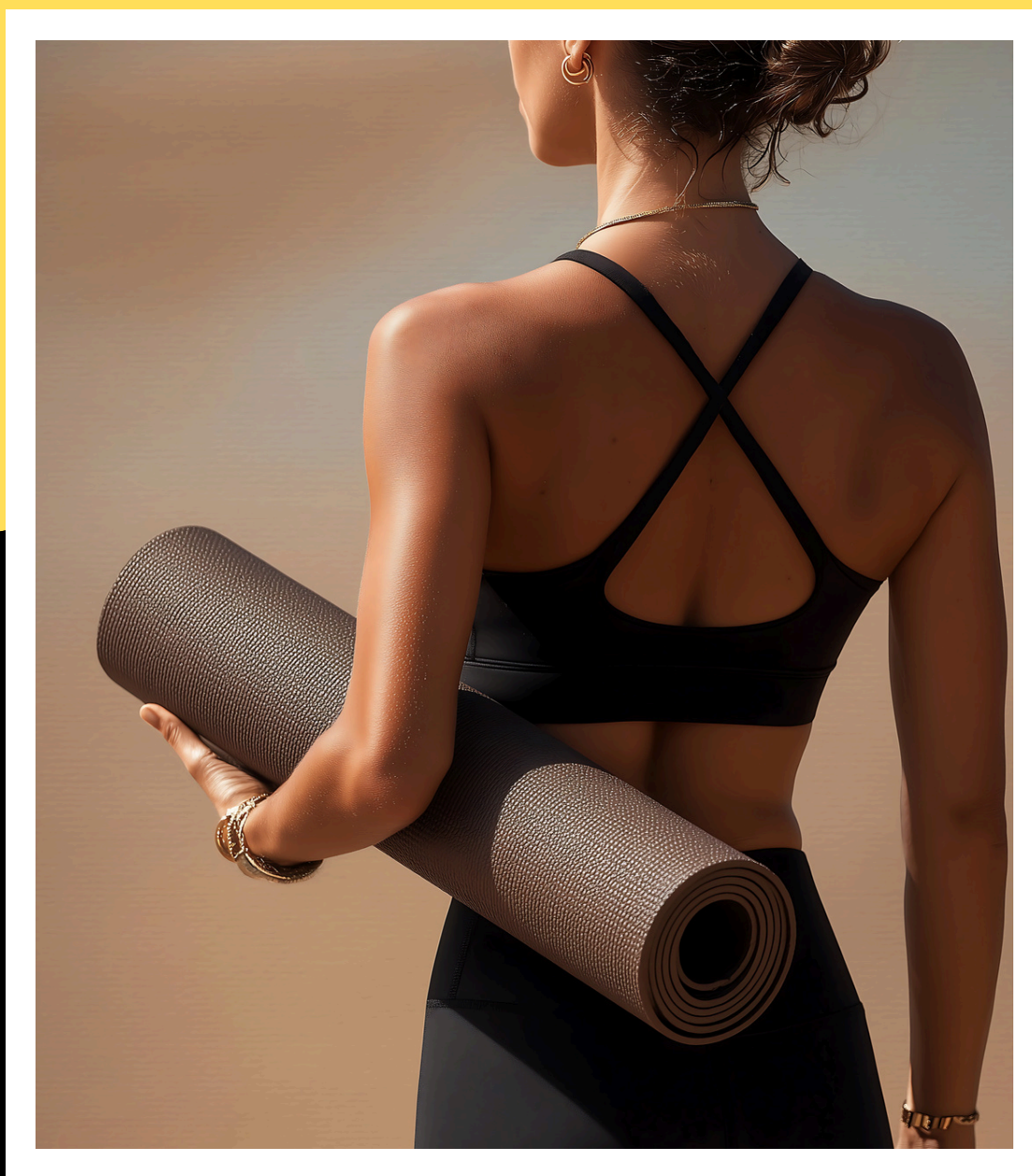




The Wing Book

# POSTURAL ALIGNMENT FOR PROPER BREATHING



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“

## *Posture is the visible reflection of your inner state*

”

JOSEPH PILATES

It is important to take care of your posture and body balance in order to breathe correctly, especially when using your voice for healing purposes. For this reason, we are sharing some basic guidelines.

First, stand up and “let go” of your body as if you were a marionette, releasing all muscular tension.

When you feel free from tension, look for vertical alignment through an imaginary axis.

Place your feet about 30 centimeters apart, approximately hip-width, and check that your posture is correct, taking into account the following:



- The head is balanced, without pushing the cervical vertebrae forward
  - The chin is slightly tilted downward to lengthen the cervical vertebrae
  - The jaw is relaxed, without projecting forward or backward
  - The upper teeth are comfortably separated from the lower teeth
  - The shoulders are straight, relaxed, and free of tension
  - A sense of length in the spine, without strain
  - The chest is slightly softened
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- The hips are evenly aligned with the axis
- The abdominal muscles are relaxed
- The knees are unlocked and slightly bent
- The body weight is evenly distributed on both feet

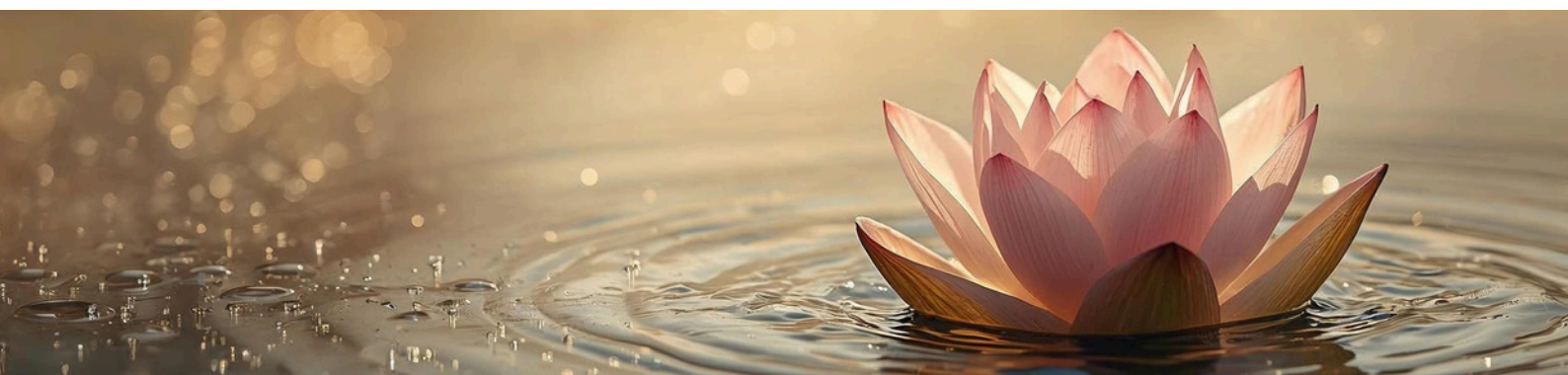


These are some of the guidelines to keep in mind to allow your breath to flow properly. They will also help you prepare when you are about to carry out a therapy session.

Whether you are standing or sitting, proper posture allows your energy to flow freely, helping to prevent muscle pain or fatigue.

It is also an essential aspect to consider in your clients, as many times, the cause or symptoms of discomfort are worsened by poor posture that prevents proper breathing.

Little by little, if we maintain good postural hygiene, we will notice improvements in breathing. In addition, we will help prevent muscle tension and injuries, maintain a balanced body temperature, and create a solid foundation for the use of our voice.





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