

## LIVING HEALTHY



### **SUPPORT = RELEASE**

## Yoga tip for Being at Ease

*(written for Local Town Pages  
by Addie Alex CSYT, RYT, Leading  
Svaroopaa® yoga Teacher)*

We are a culture that likes to sit in chairs as compared to the floor or the ground. Chairs are designed to offer support. How much support are you able to receive from a chair? While you're reading this tip,

allow yourself to take the “full support” of the chair. Let your weight lean down into the seat of the chair. Allow your whole back to lean into the back of the chair. Take an easy breath in and out. Notice how your body is more able to release a layer or two of tension. Your body may even be letting go of an “ahhh” sound. Support always allows you to be more at ease. Periodically notice if you are allowing yourself to lean into the support of your chair.