



perfect posture

PDF Guide

@yogawithethan 

taller & stronger

Intention

Posture affects your overall health and well-being, both physically and mentally for a few reasons:

On the physical side, a straighter spine also lends itself to more energy (red blood cells, neurotransmitters, lymph, electrons, sensory and motor information, etc.) flowing through your spinal cord and other bodily pipes.

Imagine a garden hose: if it's at all kinked, less water will be able to move through it. Same with you – any energetic blockages in the body results in less energy moving through it.

On the mental side, posture changes the way you perceive and act in the world, and how others perceive and act around you.

Imagine you are being attacked by a wild animal. Naturally, you curl into a tiny little ball to protect yourself. This is fear played out in your body – the fetal position, or poor posture.

The contrast stance is a wide-open chest and upright spine, or good posture. This is confidence and courage played out in your body – the opposite of fear.

The act of addressing your posture, then, is the equivalent of you taking a look at all of your stressful thoughts and limiting beliefs that cave you down, and choosing to overcome them.

I hope you enjoy the journey of lifting yourself back up. IMO, there is very little that is more exciting, or fulfilling than this.

- Ethan

P.S. Good posture is also generally considered more attractive, and people who exhibit it are seen as being more likely to hold a leadership role 😊

Blowing Bubbles

Posture, Breath and Geometry

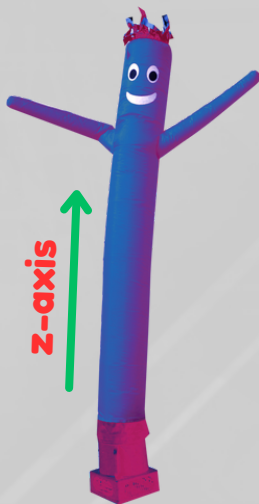
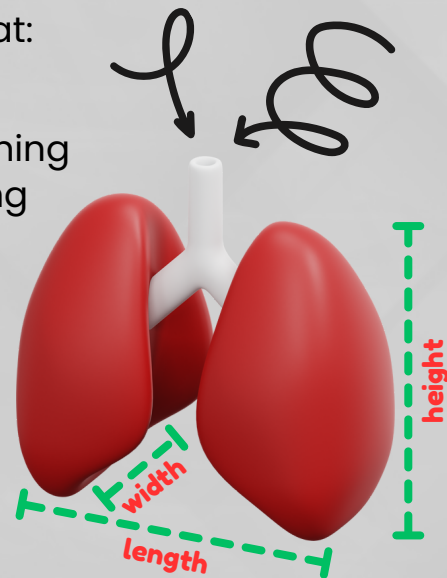
Posture is clearly a function of how tall your torso is (your height).

High school geometry will remind you that:
 $\text{volume} = \text{length} * \text{width} * \text{height}$.

(Note: volume in your torso is the same thing as saying breathing! For example, inhaling *increases* your lungs' volume while exhaling *decreases* your lungs' volume.)

Therefore, the quality of your posture directly correlates to the quality of your breathing, and vice versa.

It's important, then, that you learn how to correctly breathe for perfect posture.



Imagine an inflatable tube man from car dealerships: maximum air means it is very upright; minimum air means it's bent at the waist. No air means it is dead.

The same thing is true in your body: when you're filled with breath, your spine will be fully erect. And when you're devoid of breath, your spine will be caved in on itself.

Or, when your breath is perfect, your posture will be perfect.

continued on next page...

Blowing Bubbles continued...

Spinal Jack

Like a car jack that pumps up and up and up, when your hips tilt (antevert), your spine naturally straightens.

You'll notice, however, that tilting alone isn't enough. You'll also need to simultaneously push upwards from your sitting bones, otherwise the spine won't have anywhere to extend to, and your lower spine discs start getting compressed.

Tilt. Push. Tilt. Push. Tilt. Push. Tilt. Push. Tilt. Push. Tilt. Push.

Or, another way to remember it:

1. Glass on the Ass
2. Grow Like Grass

Glass on the Ass (Tilt). Grow Like Grass (Push). Glass on the Ass (Tilt). Grow Like Grass (Push). Glass on the Ass (Tilt). Grow Like Grass (Push).

Over and over and over until a fountain of energy erupts from the crown of your head.



continued on next page...

Blowing Bubbles continued...

Part the White Sea

Let's fast forward a few years into your Awakening journey after you've understood the logic of these lessons, and embodied the practices from the audios.

What now? You will start experiencing what ancient mystics call "The Light."

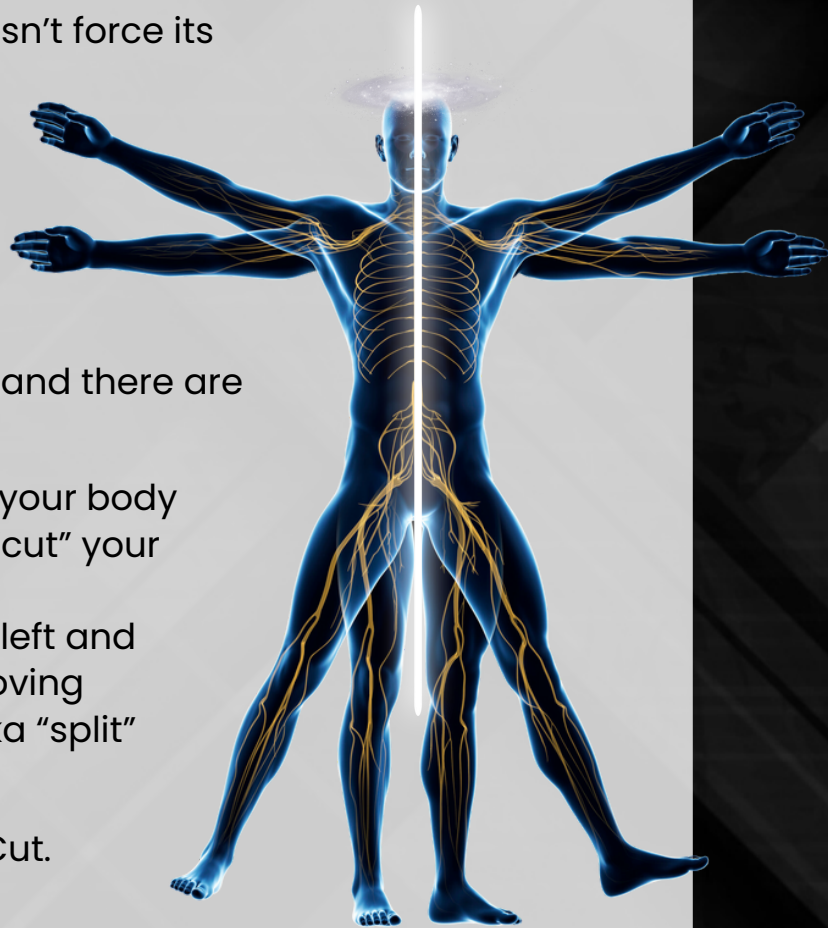
Bright, compassionate, and all-knowing, "The Light" will soon begin flooding your spinal cord, third eye, and (eventually) whole body.

Now, of course, "The Light" doesn't force its way into your body. It can't. You must create space for it.

Like Moses parting the Red Sea, this technique uses your concentration to create a narrow pathway for "The Light" to enter your body, and there are just two steps involved:

1. Imagine a plane bisecting your body – from crown to root. Aka "cut" your body in half.
2. As you inhale, imagine the left and right sides of your body moving apart from one another. Aka "split" your body in half.

Cut. Split. Cut. Split. Cut. Split. Cut.
Split. Cut. Split.



continued on next page...

Blowing Bubbles continued...

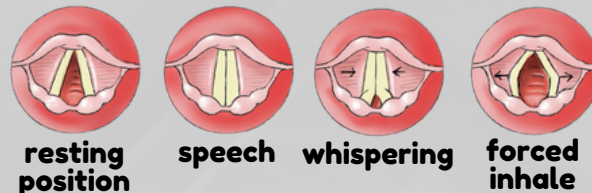
Coasting

When you reach the top of your breath — aka when you cannot possibly fit more breath into your diaphragm, ribs, chest, shoulders, neck, back...and when you cannot possibly get your posture any more perfect...and when you cannot split your body any more in half...that's when you apply this technique!

'Coasting' has two steps:

1. Close off your airway so that no breath escapes your lungs.
2. Completely relax everything except your spine.

Closing off your airway is super simple: just use your glottis (muscle near your vocal chords) to cover up your trachea such that breath can't move through. No need to overthink this; you use this flap all the time when you talk, swallow, or breathe.



Relaxing everything except your spine is a bit more challenging, because certain areas of your body have been stressed for so long that you probably don't know how to relax them.

So how do you get your body to consciously relax?

Short answer: You get your body to consciously relax through trial and error.

continued on next page...

Blowing Bubbles continued...

The Hold

Have you ever entered a hot tub or sauna, thought “holy sh*t, this is f*cking HOT!” and then gotten used to it just 2 minutes later?

This is because the nerves in your skin don’t detect temperature, they detect *changes* in temperature. After a while, they get used to the new stimuli and blend them in with the rest.

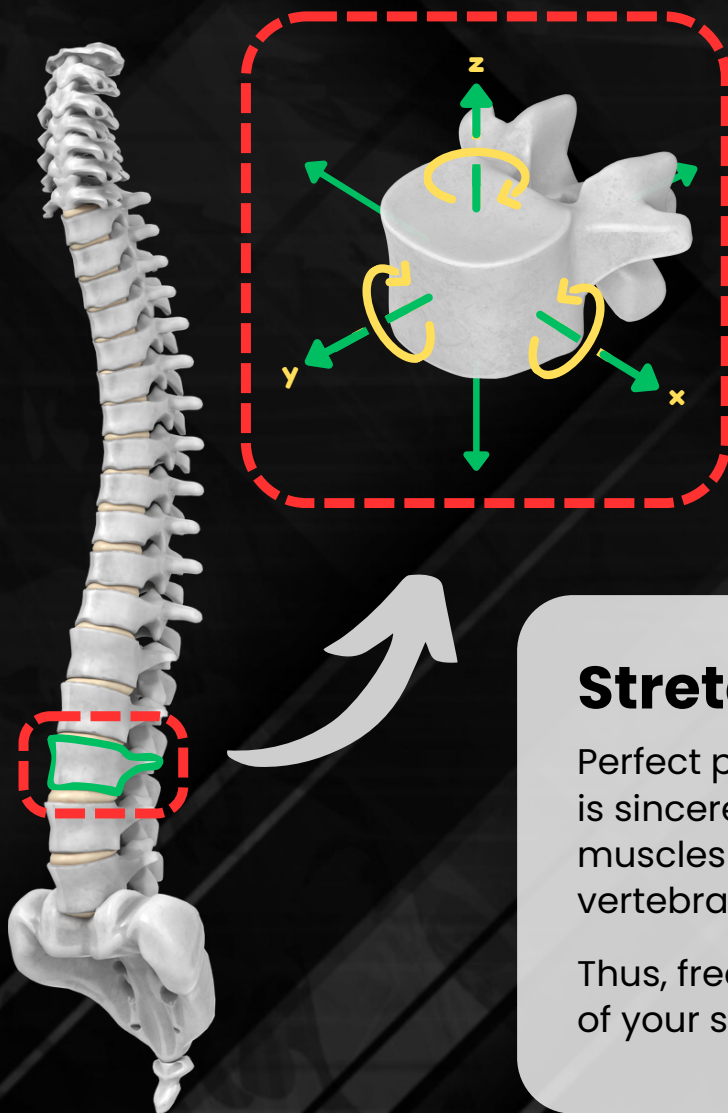
The same is true for all sensory modalities: the spontaneous, high-pitched screeching from plugging in speakers incorrectly, the blinding light of a room after pure darkness, the initial bite of a piece of chocolate cake, the first five seconds of a perfume smell. The bigger the difference between what your body *was* experiencing and what it is *now* experiencing, the more shocking and apparent it seems.

That’s why, in this technique, you’ll do your best to sit with the intense sensations that arise for a few extra moments before exhaling. By doing this over and over, eventually the amount of energy you’re feeling (and the incredible posture you’re practicing) will become your new normal.

Tri-Axial Stretching

The Spine

When it comes to having good posture, we're really talking about your spine's ability to hold an upright position for long periods of time. We tend to think of the spine as *one* big thing, but it's more helpful to view it as 24 little things (aka "vertebra").



Vertebra

Each bone in your spine can rotate about its own x, y, and z-axis.

Further, each of your vertebra connects to others above and below with individual muscle fibers (see image on next page).

Stretching

Perfect posture maintained effortlessly, is sincerely helped by not having tight muscles surrounding your spine and vertebra.

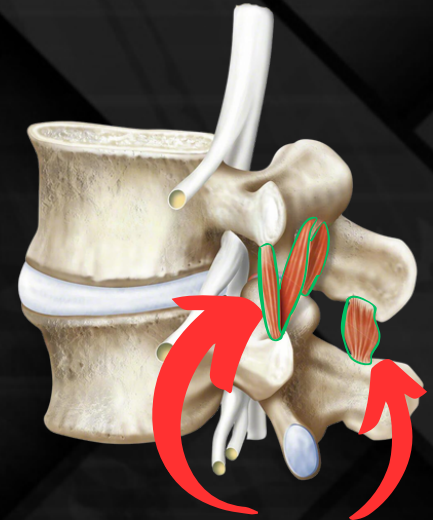
Thus, frequently stretching the length of your spine in every direction is wise.

Tri-Axial Stretching continued...

Body Scanning

This is the Catch 22: it is impossible to know where you are tight and rigid, *until* you have released the tightness and rigidity.

Body Scanning (or the act of placing your attention internally), will be a critical practice for your progress, because it is what brings awareness to the blind areas of tension better than nearly every other technique out there.



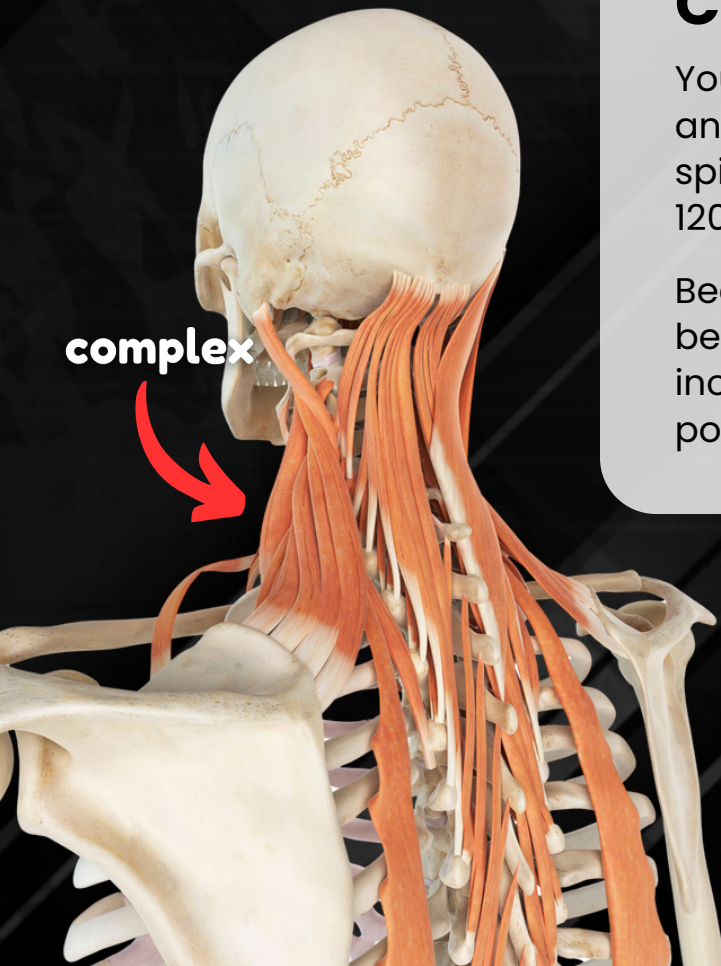
vertebral muscles

Complexity

Your body's musculature is incredibly rich and deep. For context, your back and spine have a combined total of roughly 120 different muscles.

Because of this, your best bet for becoming more flexible in this region is to include a wide varied of stretches and poses into your daily practice.

complex



list of yoga poses for your spine:

*block bridge • standing forward fold
supine spinal twists [R/L] • wheel
downward dog • cobra • scorpion
seated forward fold • side bends [R/L]
janu sirsasana [R/L] • cat/cows*

icj-Lock

Bandhas

Bandhas is Sanskrit for “energetic hold.”

An energetic hold is when you activate a particular part of your body, and then go about business as usual (I call it the “Set It And Forget It” feature of your body).

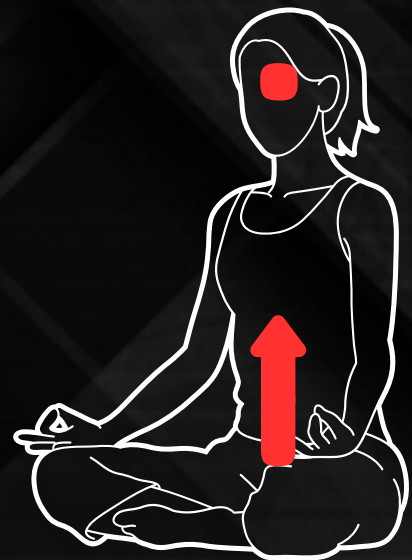
For instance, you could easily be flexing your right bicep right now while continuing to read without affecting your ability to absorb the information.

This can be helpful or harmful, depending on what parts of us are held and locked. Correctly applied in your spine, though, bandhas/locks are an invaluable tool for good posture.

i-Lock

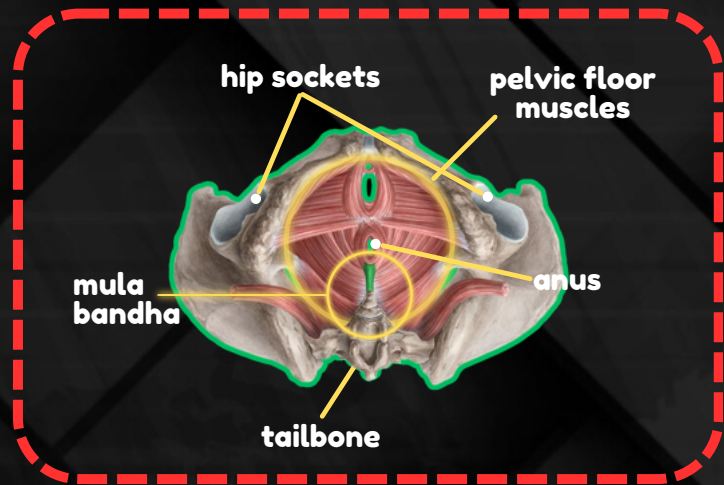
The first lock is near your perineum, called “Mula Bandha” in yoga.

Mula bandha — aka root lock, aka ‘i-Lock’ — is often translated to mean “engaging your pelvic floor”, but this is *not* true. Mula bandha is *not* your pelvic floor, though it shares a similar physical location and very often gets activated alongside it. Instead, it is possible — and indeed preferred — to engage your mula bandha while keeping your pelvic floor muscles relaxed.



continued on next page...

icj-Lock continued...



i-Lock continued...

This is why I say i-Lock instead of root lock. 'Root' can get misinterpreted by people, whereas lowercase 'i' has no concrete associations attached to it.

That said, it is helpful to engage your pelvic floor muscles while first learning to practice this technique. After that you can subtly let them go with a 'Plunger Breath' (while simultaneously maintaining your focus of upward energy.)

Interestingly, if you squeeze your 'i-Lock' correctly (and hard enough), that quasi-sexual energy will rocket up your spine, blow past your brain stem, and explode in an incredible flurry of orgasmic colors and sensations in the center of your brain. This is also known as an "implosive orgasm" or "Kundalini."

It's a wild and beautiful experience that is well-worth seeking.

And hence the lowercase i in 'i-Lock'. The tiny dot hovering above the body of the i symbolically represents your pineal gland — the important, pea-sized endocrine gland in the middle of your skull that gets bombarded with this "Kundalini" energy and induces the "orgasmic colors and sensations".

continued on next page...

icj-Lock continued...

c-Lock

Ideally, your spinal cord exists as a kink-free cord from bottom to top. That means zero blockages from your pineal gland, pituitary gland and medulla oblongata all the way down to your pelvic floor, anus and gonads.

Realistically, due to physical and emotional traumas you've incurred in this and prior lifetimes, it's probably not very kink-free – more like a knotted mess of tangled wires.

This is where 'c-Lock' comes in handy. It is phenomenal for improving your posture – aka straightening out your spine – so that energy can circulate more easily.



The technique is simple: just level your pelvis, lengthen your spine, and drop your chin by drawing your belly button backwards.

Altogether, this motion will create a c-shaped energy curve in your torso.

Eventually, the pathway in your spine will be unclogged and streamlined enough for energy to roar through it like a white-water rapid.

continued on next page...

icj-Lock continued...

j-Lock

The neck tends to get super cramped in everyday life — it's where a majority of people's tension manifests.

That said, because tension automatically implies poor posture, most people would benefit on a lesson on properly aligning their neck.



1. Imagine a string pulling the top of your head (soft spot as a baby) up towards the ceiling.
2. Drop your chin by visualizing your chin and chest being connected by a golden rope (so that it feels like you are giving yourself a double chin).
3. The chin dropping down should correspond with the back of your neck getting really long.
4. Place your tongue on the roof of your mouth, close your lips, and slightly separate your teeth (this is also called "mewing").
5. Move your ears backwards on your head so that your sinuses dilate.
6. Turn your eyes up and in-between your eyebrows (the tiny dot hovering above the body of the j again symbolizing the pineal gland).
7. Imagine the entire skull expanding in volume, blowing up like a big ol' balloon.
8. Put a slight smile on your face, as this relaxes your cheeks and lifts the face further.

continued on next page...

icj-Lock continued...

The Great Lock

When all three of your bandhas are activated together, it is referred as the “Maha Bandha”, or “Great Lock”.

When you’re doing The Great Lock correctly, your posture will be absolutely perfect – not a slouch or blockage in sight.

Now, it will probably take millions and millions of tiny iterations to get this right. But the result is well-worth it: a crystal clear light will open in your spinal cord, followed by a total dissolution of your ego, and a remembrance of your pure, God-given identity.



virtual workshops

learn the power of your body and mind



1



check out the list of upcoming trainings

[click here !\[\]\(8d0f0e0fe25b320c33272c52aec1fbca_img.jpg\)](#)

2



purchase your ticket to the event that most interests you

3



let Ethan take care of the rest: scheduling, teaching, etc.


work with
Ethan
one-on-one

live via
zoom

\$100

(30 min) **stress-
management
training**

for companies and teams 

 **click here!**

live via
zoom

free!

**discovery
session** (30 min)

only 5 spots per week 

 **click here!**

© Yoga with Ethan
All Rights Reserved