

## Thoracic Jacket

### Equipment/Props

Use a six- to ten-foot yoga strap, or two men's ties knotted together.

### Exercise

1. Place the strap over your upper back and hold one end in each hand.

2. Drape each end of the strap over the respective shoulder (do not cross strap in front of body), then cross the straps in back, holding one end in each hand. The strap should be moderately tight and not kinked or twisted .

3. Once the strap is in the correct position, tightly tug on each end in the downward direction. If the strap is positioned correctly, you will feel traction on the trapezius muscle in your upper back near the neck. You may also be able to sense how your shoulder blades are pulled toward the ribs.

Walk around the room while continuing to gently pull the end of the strap. Do you notice how different it feels to walk when you are aligned this way? Do you feel lighter on your feet? If so, you've just had a sneak preview of what improved posture could bring you.

