

ing colon is moving against the force of gravity and may prove to be difficult. When inverted, it is moving with gravity.† The subsequent pressing of the stool against the intestinal walls stimulates a stronger peristalsis and encourages movement. Variations (such as twists during inversion) are also useful to increase elimination. Relief from constipation can help with general fatigue, tension and anxiety, skin disorders (such as acne), and bad breath.

The entire colon as well as all the organs, have a chance to decompress, get more blood flow, and tone. Prolapsed and sagging organs will often return to their normal position with regular inversion.

When inversions are performed with traction, there are even more benefits. The constant force of gravity pulls in the opposite direction and there is space to balance and help correct subluxations in the spinal column. This gently aligns

enjoyable experience in daily life. The use of props is highly recommended for those who would like to hang in traction or for those not completely comfortable performing headstand or handstand.

Our favorite prop is the OmGym Yoga Sling, which offers comfortable, full inversion in traction, as well as a huge variety of enjoyable movements to create health, balance, relaxation, and athletic ability. This unique and versatile tool is used by beginners, as well as highly advanced movement lovers looking for effective core strengthening, high-level neurological development and more. It is light, easily portable, makes a beautiful addition in any home, and strongly compliments any yoga practice. The OmGym Yoga Sling is simply a must-have for yoga lovers and health enthusiasts!

changes, thin discs, and compression wedging of the vertebrae). †Only when the spinal column is in good health, can the rest of the body function properly. It is normal to see a dramatic change in overall strength, immunity, and emotional wellbeing by toning and taking care of your spinal column in this way.

Inversions offer all-powerful nourishment that can dramatically boost overall health and wellbeing, as well as play a significant role in maintaining homeostasis in a healthy body. Most benefits can be experienced in just 3-5 minutes of upside-down time. A habitual inversion break 3 times a day is highly recommended. It is important to create a comfortable and easily accessible place to make this a regular and truly

enjoyable experience in daily life. The use of props is highly recommended for those who would like to hang in traction or for those not completely comfortable performing headstand or handstand.

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