



Dahn Yoga Develops New Exercises to Relieve Lower Back Pain

Los Angeles, CA, August 23, 2008 --(PR.com)-- Dahn Yoga, the leading health and wellness center, has developed a system of body-mind fitness exercises that can help among other things to reduce lower back pain.

If you have lower back pain or want to prevent it, consider the relief that comes from doing Dahn Yoga (<http://www.dahnyoga.com>) exercises.

Several factors contribute to back pain, such as bad posture, lack of exercise, obesity, stress and accidents. Getting over chronic backaches requires ongoing work.

Dahn Yoga is a system of body-mind fitness exercises that work on all the systems affecting the lower back, especially bones, muscles and blood. Dahn Yoga is built on traditional Asian health practices that date back more than 5,000 years. For the past 30 years, they have been updated with modern medical findings, especially regarding brain functions and healing, by Ilchi Lee (<http://www.ilchi.com>), founder and president of the International Brain Education Association. Dahn means “bright energy,” flowing through meridian channels to heal the body.

Doing one's usual activities and adding in Dahn Yoga practices can work better for their backache than staying in bed all the time. Dahn Yoga meridian exercises correct the muscles and bones on either side of the vertebrae to help balance the body, thus promoting backache relief.

Ilchi Lee recommends certain [Dahn Yoga](#) exercises that should be done daily.

1. Intestine exercises. Warm up by doing intestinal exercises. Build up the number slowly. Intestinal exercises heat up your lower abdomen, build elasticity in your lower back, and improve energy and blood circulation.
2. Twisting with bent knees. Lie on your back. Spread out both arms, palms facing down. Lift your knees up and bend them, keeping them together throughout the exercise. Inhale and bring your knees to your chest. Turn your head to the left while turning your knees to the right. Exhale and switch to the opposite direction, placing your head to the right while turning your knees to the left. Repeat three times.
3. Sweeping down the back of the legs. Place your hands on your lower back and rub them up and down to warm up your lower back. With your hands placed behind your waist, inhale. Bend your upper body from the trunk. Sweep down the back of your legs (bladder meridian), and hold your ankles. Exert slight tension as you pull on your ankles to place your head between your legs. Maintain this posture and attempt to stretch further. Feel the strengthening in your lower abdomen, waist, and lower back. If you have severe backaches, avoid overdoing this exercise. Exhale. Repeat twice.
4. Bouncing hips while on your back. Lie on your back. Raise your knees. Place your feet flat on the floor, and your hands on the floor with your palms face down. Raise your hips and waist. Bounce up and



down for five minutes at first, and longer as you continue practicing this exercise. Avoid straining your lower back and your lower body.

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