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# POSTURE *Paradise*

ATTAIN HAPPY-HEALTHY POSTURE



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INTRODUCTION

Hi angel, welcome to posture paradise, you're going to attain happy healthy posture with me Cissy Nansera as your guide.

Following a car accident in which my life was saved by a seatbelt, I experienced so much pain in my chest that I found myself compromising my posture. This affected my self-image and I hit rock bottom.

Without judgement, yoga picked me up from rock bottom and transformed my life to light.

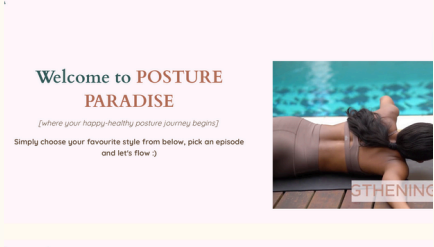
I gained my self-esteem back and better, for this time it was built on a strong foundation of self-worth.

Amazed by the transformation, I promised myself to pay it forward by sharing this magical practice with as many angels as possible.



© 2021 Store My Library Happy Healthy Posture Prenatal magical journey Relief Advent Calendars We

come back, Nansera...



I get to do that through Posture Paradise, a safe online space to attain happy-healthy posture, using the most effective method of posture correction; happy-healthy posture triad, it's made up of asana (movement), pranayama (breath work), and bandha (energy locks.)

## CHAPTER I

# Happy Healthy Posture

Made up of 5 editions, this category is the go to for any and everything posture.

- **Rounded shoulders edition:** a collection of 30 bite-sizes episodes that have successfully corrected the posture of over 700 angels from rounded shoulders a.k.a hunchback to happy- healthy alignment, with many of them already achieving it by episode 15. You will love everything about this edition if you first of all want instant pain-tension relief this very minute before eventually transcending into rounded shoulders correction.
- **Neck hump + rounded shoulders edition:** This is a 1 month posture correction program that requires you to show up for only 10-15 mins daily, for an entry-level calming yoga session, that way you can finally say goodbye to neck hump + hunchback induced pain, discomfort, and self-consciousness, so you can physically attain happy-healthy neck and shoulders posture, and mentally embody self-confidence that is rooted in Self-Worth.
- **Neck hump + double chin edition:** Through it's 30 bitesize episodes, it provides TMJ relief, strengthens the muscles at the back of your neck and instantly relieves posture induced migraines, while toning the muscles at the front neck, and tightening the skin, a combo that rids you of a posture induced double chin. With a slow to moderate pace, it's also ideal for entry level and beginner angels
- **Happy healthy back edition:** This 30 episode edition is ideal for angels ready to give up the habit of slouching, have had enough of the posture induced back pain and are looking to replace the back weakness & spine stiffness with a strength-flexibility combo. This edition caters to the lower, mid, and upper back.
- **Knock knees by flat feet:** If you have flat feet, meaning a weak or no arch in your feet, this edition is your love letter. It's going to introduce and strengthen your foot arch, support your knees from genu valgus [knocked inward] posture to happy-healthy alignment, while providing instant relief from pain caused by flat feet. It's 10 episodes will also correct the imbalance in especially the glutes, improving your general body stability.

## CHAPTER II

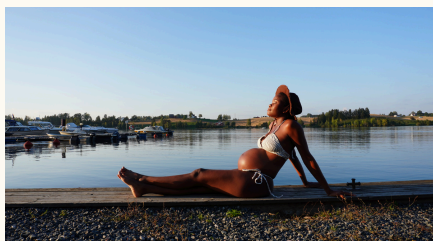
# Prenatal Journey

## Are you pregnant ?

This edition is the ideal movement support system that will make your entire pregnancy an enjoyable and breezy experience, through 10-15 minutes yoga episodes for beginners, that are focused on correcting and maintaining happy-healthy neck + shoulders posture, stop and minimise back pain by cultivating back strength and flexibility, tone your pelvic floor in preparation for a smooth child-birth and aid a quick recovery, while alleviating gut issues like bloating and constipation, along with other pregnancy challenges like SI joint pain, Symphysis Pelvis Dysfunction, and Anxiety in the first, second and third trimester.

## The set up

To ensure maximum support throughout your prenatal journey, this edition is divided into the first, second, and third trimester, with 20 dedicated episodes in each edition that are safe to practice during their respective trimesters. There are also 2 extra parts, one dedicated to pregnancy breathwork and another to ailments experienced throughout pregnancy.



## CHAPTER III

# Strength + Flexibility

## POSTURE PARADISE: STRENGTH EDITION

by NANSERA WELLNESS



### Strength edition:

If you're lucky to already have body flexibility but could use some strength because even 2 push ups are rather taxing, first of all that's okay and you're not alone, this edition is perfect for us. With it's 6 extra bitesize episodes which I purposely made that way so you don't get frustrated and overwhelmed, its going to be super enjoyable for you as you can do it alongside your flexibility practice which I know you love so much :)

## POSTURE PARADISE: PHYSICAL FLEXIBILITY

by NANSERA WELLNESS



### Physical flexibility

If you already have body strength, which is awesome because this is the body's top priority, but are lacking on the flexibility end, then this edition is ideal for you. With 6 episodes each focusing on a different body area, this edition will effectively lengthen your muscles to compliment your existing strength with the much needed flexibility to attain the best body mobility.

## POSTURE PARADISE: STRENGTH & FLEXIBILITY EDITION

by NANSERA WELLNESS



### Strength + flexibility

In 10 bitesize episodes, this edition has successfully transformed muscle weakness and stiffness into physical strength and flexibility using a combination of practical movement cued to maximise muscle function, paired with a breathing technique that instantly relaxes muscles. This edition is ideal for angels who are looking to go from body weakness and stiffness to body strength and flexibility but without weight lifting.

## CHAPTER IV

# Relief

## **Breathwork edition:**

A perfect introduction to the practice of breath work, this 12 episode edition covers, abdominal, thoracic, and clavicular breathing. If you're looking to return to healthy breathing habits where you take deep breaths that set you in rest + digest, get instant anxiety & panic attack relief, train your mind anger management, or simply want to improve lung capacity to manage lung diseases like asthma, then this edition is perfect for you.

## **Constipation and bloating edition**

This 12 episode edition is the love letter to your gut. If you often struggle with bloating, constipation, acid reflux or slow metabolism in general, this edition with it's proven effective yoga asanas is going to improve your gut function while providing instant relief that you may no longer need stimulant laxatives just like the many angels who have successfully practiced it.



# How to access PostureParadise

## Become an angel member

To access Posture Paradise, you first become an angel member, to do that:

- Go to the annual angel members' checkout page [HERE](#)
- Enter code WELLNESSBUNDLE12 for 100% off
- Select the Paypal icon to skip entering your CC information
- Agree to the terms and conditions
- Click on complete my purchase