

PILLAR

Yoga Comparison: Yoga and Eldoa both help flexibility but work differently. Yoga flows between poses while Eldoa holds still.

Younger Populations: Kids and teenagers who need exercises too. Eldoa for kids needs to be fun and not too hard!

Y-axis Movement: Moving up and down. Eldoa creates space by gently pulling your spine longer in this direction.

Year-round Training: Doing Eldoa all year, not just when hurt. It's like brushing teeth - better to prevent problems!

Yield Point: The safe amount of stretch before hurting tissues. Eldoa stays safely below this point.

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Zero Equipment: You don't need any special stuff to do Eldoa! Just your body and maybe a mat on the floor.

Zenith Position: The best possible posture for your body. Everyone's perfect position is a little different.

Zonal Approach: Working on all parts of your back, not just where it hurts. Sometimes the real problem is far from the pain!

Zone of Comfort: Eldoa should feel like work but not sharp pain. It's like the difference between tired muscles and injury.

Zygapophyseal Joints: The small joints between each backbone. Eldoa helps these joints move better and hurt less.

Remember: Eldoa is like learning to be your own back mechanic - with practice, you can keep your spine healthy and strong! Always ask a trained teacher to show you the right way, and never do exercises that cause sharp pain. Your back is important for everything you do, so take good care of it! 🌟