

## PILLAR

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

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

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

**Year-round Training:** Doing Elodia 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. Elodia stays safely below this point.

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**Zero Equipment:** You don't need any special stuff to do Elodia! 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:** Elodia 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. Elodia helps these joints move better and hurt less.

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Remember: Elodia 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! ☀️