



## Reconnect With Your Psoas

The psoas muscle (pronounced SO-as) is an extremely important muscle in your body. We need it to successfully complete most activities such as practice yoga, ride our bike, jog or just hang out on your couch. That's because your psoas muscles are the primary connectors between your torso and your legs. They affect your posture and help to stabilize your spine.

The psoas muscles support your internal organs and allow blood and lymph to be pushed in and out of your cells. This muscle group are vital not only to your structural well-being but also to your psychological well-being because of their connection to your breath. Reason being your psoas has a direct influence on your fight-or-flight response, so if startled or under stress, your psoas contracts.

During prolonged periods of stress, your psoas is constantly contracted. The same contraction and shortening of the psoas occur when you sit for long periods of time which many of us may be doing as we are under quarantine.

A tight psoas muscle can alter the alignment of your ribcage causing shallow, chest breathing. This then leads to limited oxygen intake. This in combination to the fact that your psoas muscles allow your kidneys and adrenals a place to rest. When your psoas muscles become imbalanced, so do your kidneys and adrenal glands, causing physical and emotional exhaustion.

When you determine that your psoas is indeed in need to be stretched and is not weak or overstretched consider practicing these [yoga postures](#). Remember Self-Care is the Best-Care. Why Wait? Start N.O.W