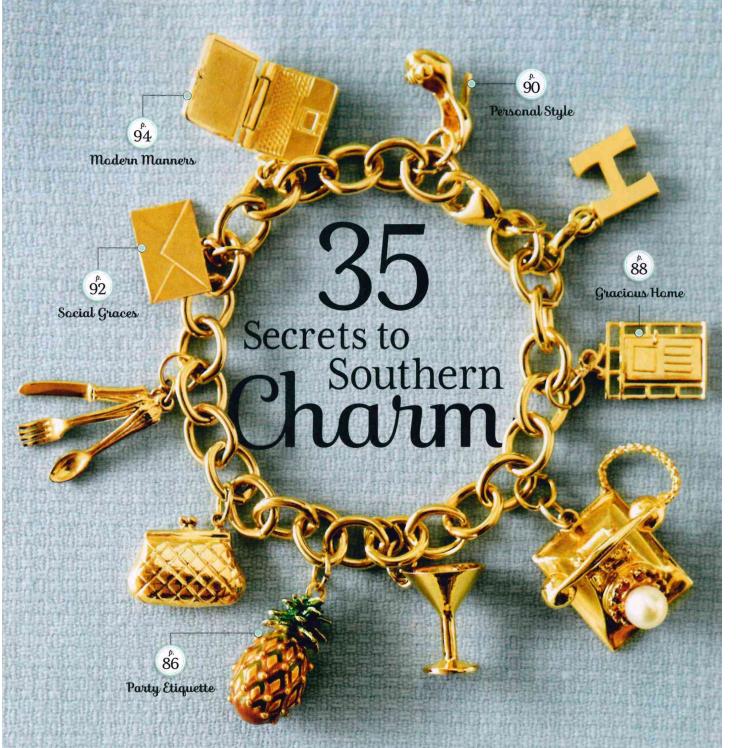


## Southern Living



Southerners are known for having **CHARISMA AND POISE**—no matter the circumstances. In today's on-the-go culture, mastering that art has never been more important. Here's how to infuse your world with even more **HOSPITALITY AND STYLE** 

## NO. 25 AHEM, STAND UP STRAIGHT.

Forget balancing a dictionary on your head. Improve posture with this backstrengthening yoga pose from Dallas' Exhale Mind Body Spa. Measure yourself arm's length from a countertop, with feet hip's width apart. Lean forward, and place hands on edge of surface. Press chest toward thighs until torso is parallel to ground. Keep neck relaxed; hold

