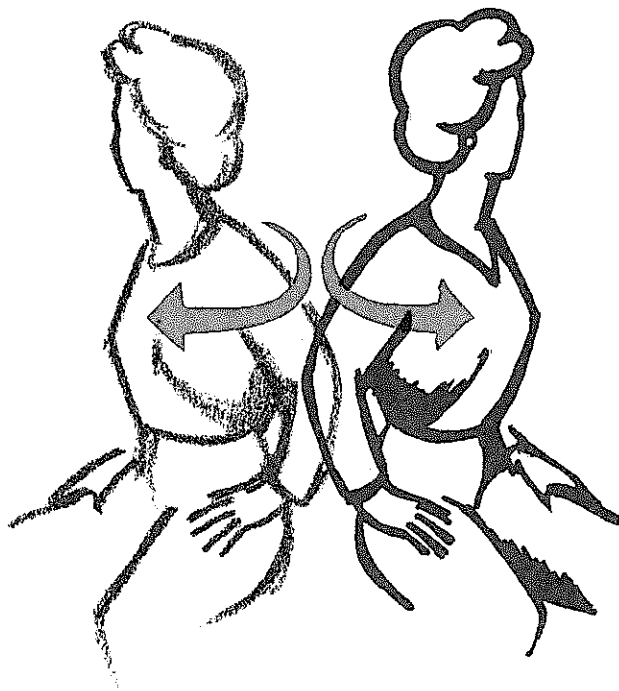


let your body move freely

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Now, measure your improvement: Move your left knee forward while turning your entire upper body to the right as far as you can, without any strain. Then move your right knee forward while turning your entire upper body to the left as far as you can, without any strain.

- Notice how easily you are turning and how much farther to the right and left you can see!
- Feel how much your flexibility has increased without any stretching or force!



And now, rest.

Feel how comfortably you are sitting! Your weight is now balanced evenly on your pelvic sitting bones and your lower back is slightly arched. You may feel and look a little taller. This is because your muscles are relaxed and your posture is more upright. Sit this way whenever possible. Your back will strengthen, you will avoid aches and pains, and you will feel more energetic!

You have completed “**Easy Flexibility.**” When you stand up and walk around, notice how light and relaxed your body feels and how comfortably you are moving.

Enjoy the improvement!