

## *let your body move freely*

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Measure your improvement:  
Lift your head and eyes to  
look upward while arching  
your back.

- When you look up, notice how much farther you can see without *any* strain!
- Feel your entire spine bending easily!
- Feel the difference!



And now, relax.

Feel how your weight is balanced, resting comfortably on your pelvic sitting bones. Notice that your posture is more upright. Your sitting posture has improved because the natural arches of your spine have been enhanced and restored.

You have completed “**A Healthy Spine.**” When you stand up and walk around, feel the difference in your posture, flexibility, and ease of movement.

*Enjoy the improvement!*