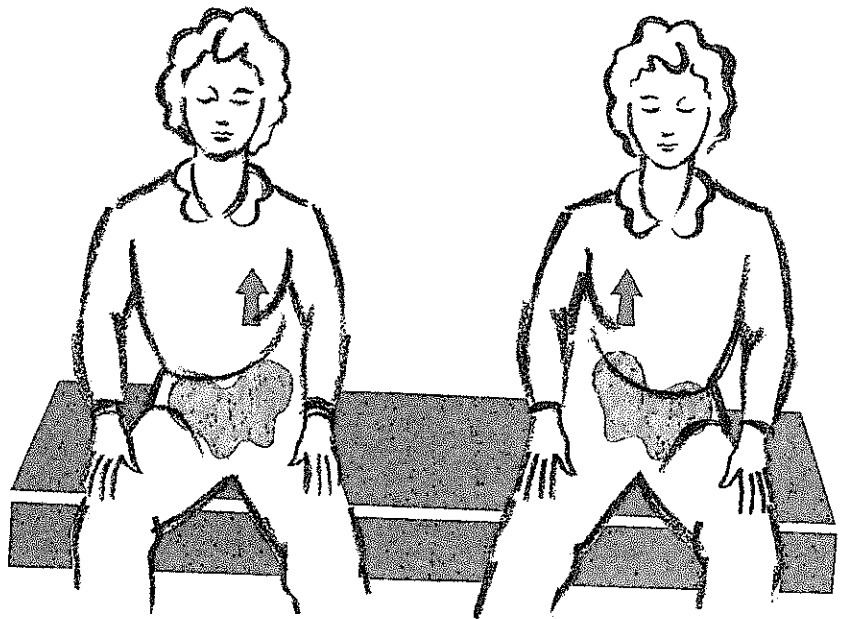


make each movement slow and comfortable

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Keep your head and eyes facing forward, and continue alternately lifting your right and left buttocks.

- Rock your pelvis from side to side, without tilting your neck and head.
- Relax your legs, stomach, and shoulders.
- Feel your lower spine bending.



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Measure your improvement: Tilt your head to the right and left a few times.

- Feel how your flexibility has increased!
- Feel the difference!



And now, rest.

Notice that your weight is now evenly balanced between your right and left pelvic sitting bones, and your sitting posture has improved. This will protect your neck and back from stress and strain.

You have completed "Aligning Your Body." When you stand up and walk around, notice the difference in your posture and ease of movement!

Enjoy your improvement!