

let your body move freely

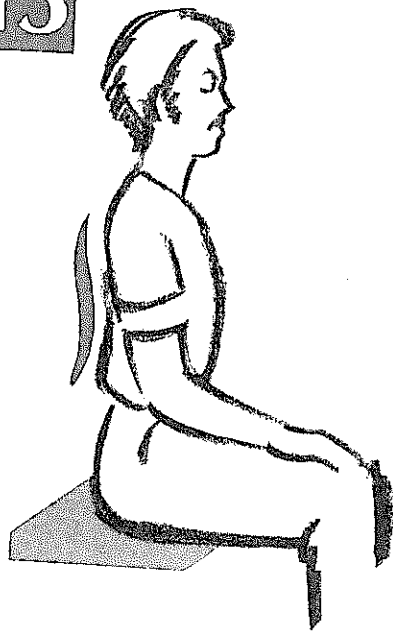
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Sit back in your chair and let your back become rounded or "slumped."

- Notice that your chest becomes flattened and your breathing becomes restricted.
- Notice that the muscles of your neck and back are strained, and the flexibility of your neck is limited.

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Now sit on the forward edge of your chair, with your lower back slightly arched and your weight supported by your pelvic sitting bones.

- Notice that your neck and shoulders are relaxed and free to move, and your stomach muscles are relaxed.
- Notice that your chest is expanding easily.
- Feel the difference in your breathing!

You have completed "**Full Breathing.**" When you stand up and walk around, feel how relaxed your entire body is and feel the improvement in your posture!

Enjoy your improvement!