



GetPainFree4Life

Functional Fitness for You

History

In 2004 we began as a small exercise therapy outfit providing Posture Alignment services referred to as **BodyAccess™** today.

In 2006 we added **EnergyAccess™** routines to client therapy protocols and launched PostureAccess™.

In 2007 we began to offer **HeartAccess™**.

In 2008 we began to offer Xtreme Sports programs.. These have developed over last 8 years as a therapeutic, interesting and vigorous athletic modality.

PostureAccess4Life.com was launched in July 08 to bring GetPainFree4Life programs to elementary, middle and high schools and community organizations all across the USA.

Our Business....

is your education about your body's ability to heal and balance itself with very simple stimuli

The Story

In 2003 Surteg Sandhu had a shoulder disability that put him out of work for 2 years. A desire to learn about the causes of this functional disability (*which probably was created and promoted by sedentary and forward leaning lifestyle*) led Mr. Sandhu to the discovery of *Human Posture, Energy Medicine* and role that *Emotions* play in our wellbeing.

Mr. Sandhu...

- attended certificate programs for **Posture Alignment Specialist** (2005) with The Egoscue Method and **Body Talk Access** (2006) energy medicine with IBTA.

- has a BS (Chem.) from IIT Delhi and an MBA.