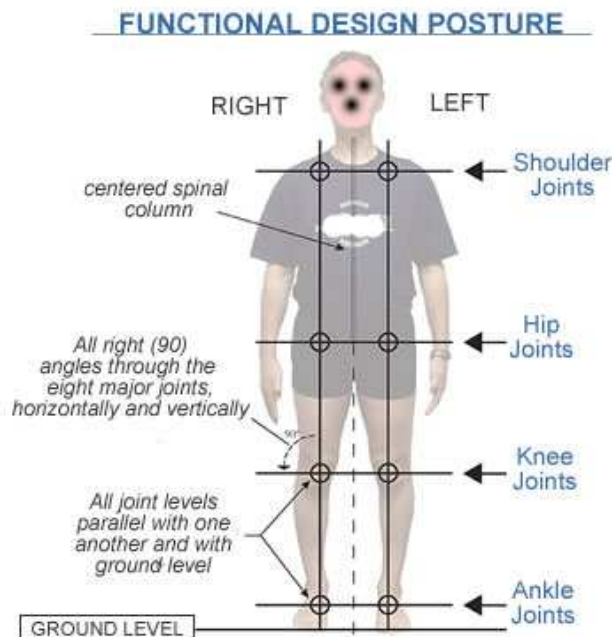


## Our Philosophy

We help clients with design of programs to deliberately create wellness, targeting their astral/ **emotional** body, etheric/ **chi** body & the physical/ **muscles, bones, nerves** body.

There exists anecdotal evidence to the linkage amongst clients vibrational offering (emotions are indicators of this), the chi balance (disconnects along the acupoints impair the chi/electrical field), the muscle function (tone, position, length, memory, strength, flexibility) **AND** the **human posture**.

The **DESIGN** body posture, as shown in the model, basically consists of right angles at the joints which occur at the intersection of two vertical lines (through right & left ankle-knee-hip-shoulder) & four horizontal lines (through each pair of ankles, knees, hips, shoulders).



These angles are viewed from the front/ back and left side/ right side perspective and **deviations** from the right angles are the reason to believe that a deliberate input in three bodies (Astral/ Etheric/ Physical) will make up for the loss of functional energy.



# GetPainFree4Life

Functional Fitness for You

**So** telling a new story that **ALIGNS** the client to what the **SOURCE** thinks about the subject which is always in the arena of vibrational offering felt in terms of Love, Appreciation, Knowing, Freedom, Empowerment and Joy and results into muscle response effecting posture corrections

**AND balancing out** the chi through finger pressure application at few acupressure point pairs e.g. sacro illiac joint and TMJ (from a list that has 35-40 joint & muscle pairs) results in removal of postural deviations

**AND** working the hundreds of muscles through simple active and passive stretching techniques to reposition the joints to **ALIGN** with the design is our plan

### SAMPLE PLAN

Menu # \_\_\_\_\_ For \_\_\_\_\_ Today \_\_\_\_\_ Until \_\_\_\_\_ (Only 7-10 days for given menu)

#	Sets	Reps	Time	BodyAccess Stretch/ E-Cise EnergyAccess Technique day->	1 am/pm	2	3	4	5	6	7	8	9	10
1														
	Touch	and	Tap											
2														
	Touch	and	Tap											
3														
	Touch	and	Tap											
4														
	Touch	and	Tap											
5														
	Touch	and	Tap											
6														
	Touch	and	Tap											
7														
	Touch	and	Tap											
Check mark "What I Want " work														

**What I Want (HeartAcces<sup>TM</sup> technique: use EGS scale)**