

**We analyze**

your posture to determine what kind of

-therapeutic movements &

-energy rebalancing

you need to properly align your body & eliminate pain or poor performance.

**We help you assess** and quantify the place from which you will begin to line up your emotional energy.

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**We design**

-a menu of stretches and exercises &

-a menu of energy techniques

to address your musculoskeletal imbalances and dysfunctions

**We design**

-a menu of steps to take to align your emotional energy

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**We demonstrate**

how you can

*do* these stretches and exercises at home

with items like furniture and stairs or

with professionally manufactured equipment.

*and* implement **EnergyAccess™** & **HeartAccess™** techniques

during the course of the daily life.

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**We periodically assess** your progress  
& suggest necessary changes.