



## What We Do

**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 (passive and active) 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 **Chi Access & Heart Access** techniques  
during the course of the daily life.

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