



Who We Are

1. We are a Therapy and Coaching* entity in the field of functional fitness.
2. We provide a **structured** way of feeding the human body, mind & heart complex with the healing stimuli.
3. **Posture Access to Well-being™** is a system built around...

BodyAccess™

Posture alignment stretches and exercises
(Based on training by **Egoscue®** and then some)

ChiAccess™

Energy medicine applied via simple touch & tapping
(Based on training by **IBTA** and then some)

HeartAccess™

Law of attraction based coaching on personal well-being
(Based on **Dr Sarno's medical research findings, & Teachings of Abraham**)

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4. **GetPainFree4Life** gets paid only for the results you get, you earn a free visit for the one that was not satisfactory.
 5. We also offer **In-Home Fitness** programs.
 6. We offer **Distance Programs** utilizing the web email & phone.

***EDUCATION** ~ of the self to build your own programs and
TRAINING~ to qualify to treat your family and your clients