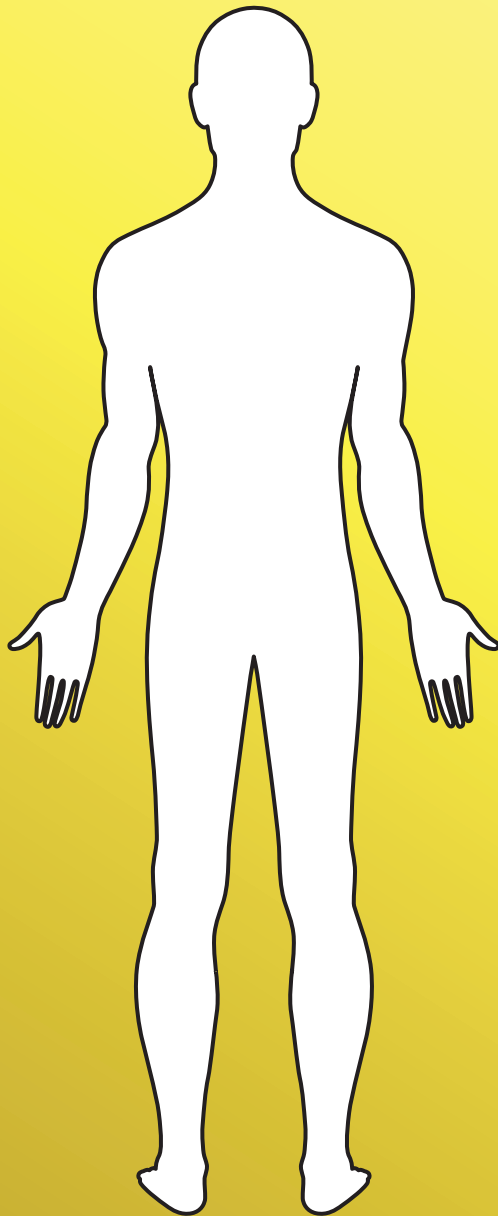


WHAT ARE THE 4 COMPONENTS OF PROPER BODY ALIGNMENT?

PROPER BODY ALIGNMENT ALLOWS FOR THE BEST POSSIBLE FLOW OF AIR AND KEEPS YOUR BODY RELAXED

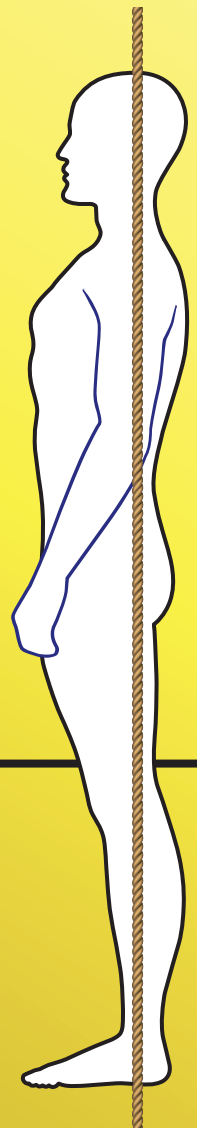


1
LEVEL CHIN

2
RELAXED JAW,
ARMS AND HANDS

3
UNLOCKED KNEES

4
FEET ARE SHOULDER
LENGTH APART



TO HELP VISUALIZE PROPER BODY ALIGNMENT, IMAGINE A ROPE COMING UP FROM THE FLOOR AND RUNNING STRAIGHT THROUGH YOUR BODY AND OUT THE TOP OF YOUR HEAD.