

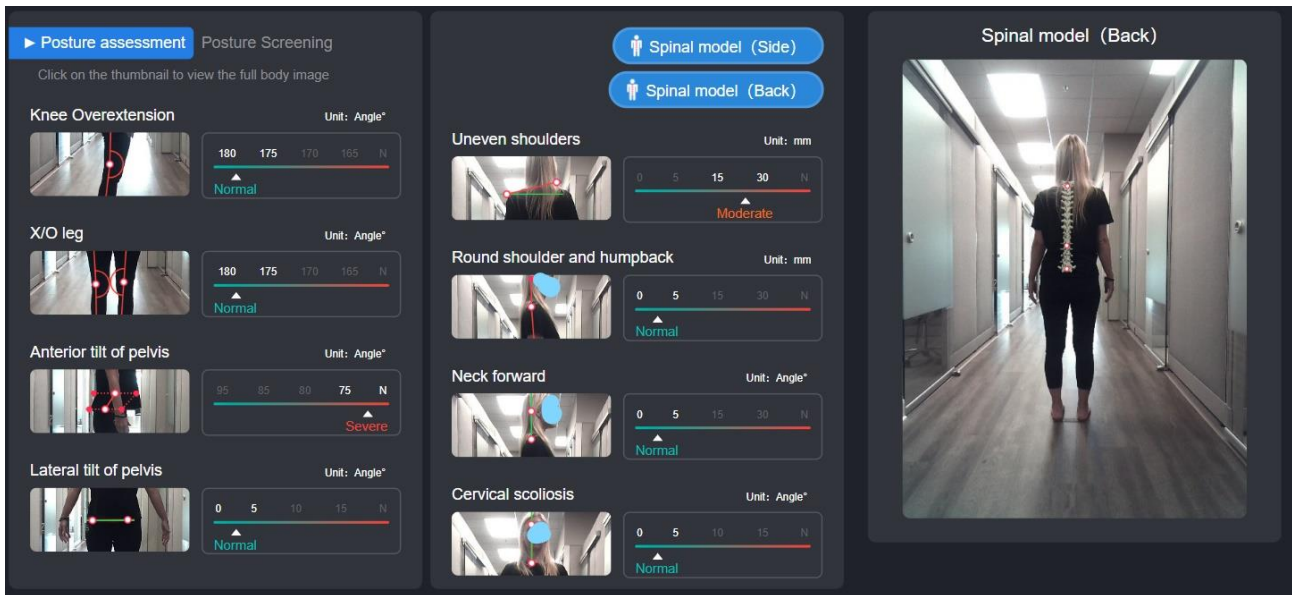
Posture & Poise Kit

Maybe your most important physical self-improvement that affects how other people see and feel about you (more than your weight- & fat-loss, muscle-retention, good Nutrition, and great skin) is your posture and poise. Even your own self-image and confidence are most affected by how you hold yourself, stand, sit, and walk. With great posture and poise, you project strength, confidence, and appeal. People will notice you more. You will look taller, project confidence, & increase your energy and freedom from pains and aches.

What is included?

1. Monthly 3D Body Scans & Analysis (see example below)

- At your Monthly Consults, we will identify alignment issues in your hips, pelvis, shoulders, back, neck, and legs. And we will monitor and feedback your improvements as you progress.
- Plus, you receive in-person coaching and recommendations to improve your alignment issues.



2. Monthly Practice of Professional Posture and Modeling Exercises

- Also, during your Monthly Consults, you will practice professional techniques that address your alignment issues and improve your posture, poise, attraction, and confidence.

Exercise 1. The String Secret

Have someone read these lines to you.

1. Stand at a full-length mirror. See your height.
2. Feel a String pull-up out the center of your head.
3. Feel the String pull up your head, neck, shoulders, & pelvis.
4. See yourself rise taller by 1-2 inches.
5. Feel the String tilt your head back and chin up. Raise your eyes to see level in the distant horizon.
6. Feel the String lift you up and out of your pelvic bones.
7. Feel your abs pull in tighter and engage.
7. Keep lifting everything as you feel lighter, taller, thinner.
8. Now stay tall and relax. Stay right there for 10 seconds. Repeat at least once a day while standing & sitting.

Example 2: The Poise Walk

- Every month you are guided through one of the most memorable experiences in your life: The Poise Walk. Once perfected, you will turn heads, be seen as professional & confident, younger & stronger, more attractive, and invincible. And you will feel that way.