

HEART & LUNGS

Healthy Posture Series

LESSON – How do you align and posture your chest & shoulders to make the most space for your heart and lungs?

BENEFITS – What is the purpose of the heart & lungs, ribs, collar bones, and shoulder blades? How do the Rib Cage, Collar Bones and Shoulder Blades often interfere with the Heart & Lungs?

PRACTICE – How and when will you practice opening your heart to create space for your lungs?

Take Away – What is the ONE THING you want to remember from this class?

One-on-One Consulting Sessions

\$75 per session

\$300 Full 6-Part Program

Telephone Consults Available

Schedule at www.terileigh.com/consulting



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