

PELVIS

Healthy Posture Series

What is the ideal posture of your pelvis? How does that feel in your body?

What are the anatomical & physiological benefits of aligning your pelvic bowl?

How will you practice Pelvic Alignment through your day

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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