

# CHIN

## Healthy Posture Series

**LESSON** – How do you align and posture your chin and your jaw to relax the muscles in your neck and shoulders?

**BENEFITS** – What do you want to remember about the anatomy & physiology of your chin and jaw that will help you want to keep better posture?

**PRACTICE** – How and when will you practice tucking your chin and relaxing your jaw in your every day life?

**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](http://www.terileigh.com/consulting)



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