

LOW RIBS

Healthy Posture Series

LESSON - What is the ideal posture for your low ribs and how does that feel in your core and belly?

BENEFITS - What are the anatomical & physiological benefits of tucking in your low ribs? How does a slight tuck of the low ribs help your spine?

PRACTICE - How will you practice Tucking in your Low Ribs 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



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