



Vision, Focus & Perspective

Body Awareness

I am standing straight

I am sitting perfectly

My posture is perfect

My back is straight and aligned

I am tall and upright

My body is relaxed and in good posture

I always sit on my sit bones

My shoulders are wide and my chest is open

My neck is released and long

My head, neck, and spine are all in alignment

I naturally relax, lengthen, and align my body

My entire body is working together to create perfect posture

