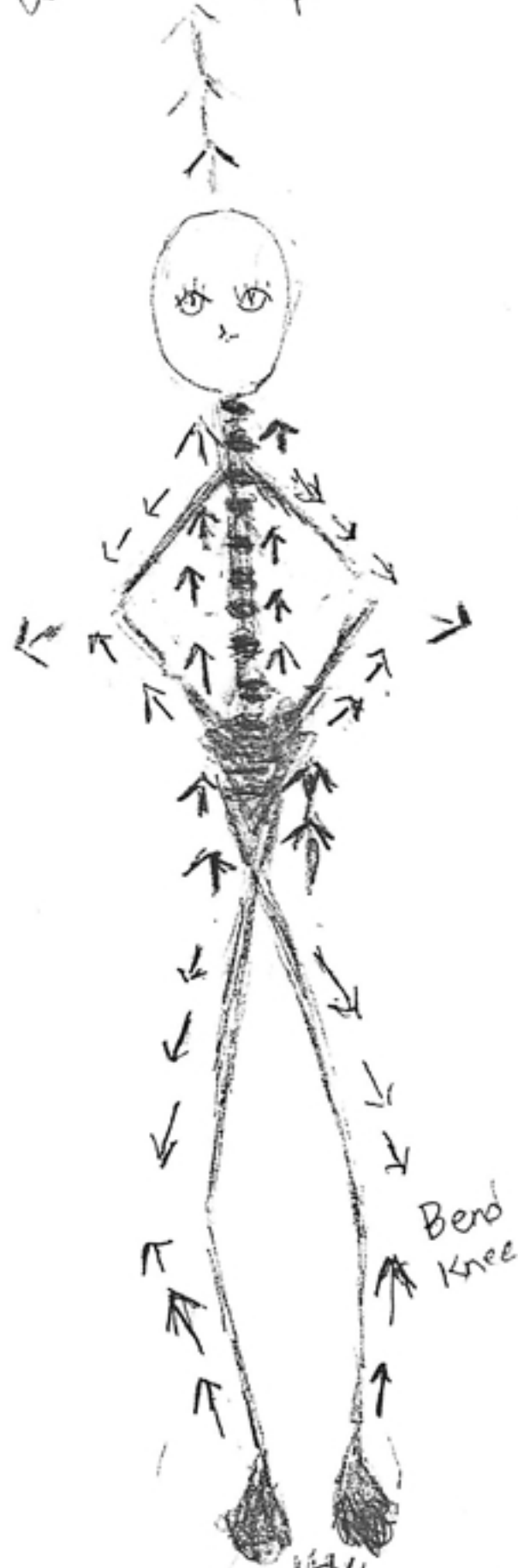


Before



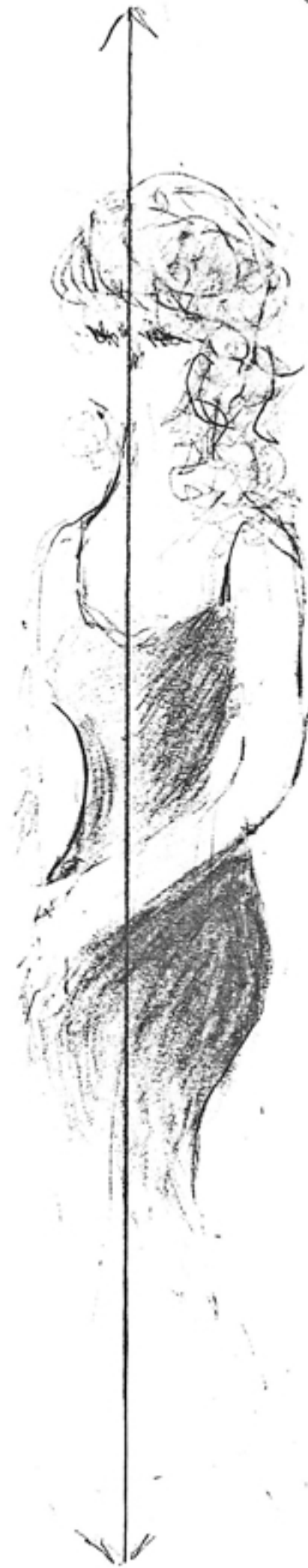
Alexander Technique



Concentrate on up + out

while lay down

After



@