



**Spinal balance and correct posture are two very important elements to abundant energy.**

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Good posture should be a relaxed, comfortable and balanced state providing you with stability, poise, and energy.

Good posture is when your head is balanced over your hips, your chin is parallel to the floor, and your pelvis is level. You walk with vigor and your step feels light. Good posture is a very important part of good mental and physical health.