

What to do after your adjustment...



1. Brisk 5-10 minute walk.
2. Stand with even weight distribution between your left and right feet (avoid leaning on one side).
3. Sit with even weight through both left and right sit bones (avoid crossing your legs leaning to one side and).
4. Avoid looking downwards and slumping... ie **on your phone!**
5. Keep your focus and intention on healing, achieving the level of health you are seeking and being the healthiest version of yourself!