

## Finding Your Line

**Purpose:** This line will help alleviate the structural imbalances that are causing your aches and pains. By following the directions you will properly align your body in the field of gravity.

**How Often:** Every time that you find yourself stopped in one position you should ensure that you are properly aligned. You will be working on this homework all day every day.

**Directions:** (A) First you line up your feet with a fist width of space between the knuckles of your big toes. This is going to create the proper base for your new structure.

(B) With your legs at the correct width, point your toes straight forward. This will correctly align the ankles and the knees.

(C) The next step is very important to assure you are in your true and proper line. It is called coming from the top of the head. You are going to slightly tilt your head back. From here you will, in a relaxed fashion, bring the chin down to level.

(D) Take a soft breath in and on the exhale, let everything melt.



A, B



C



D