

## Of Special Interest

- Proper Setup
- Form
- Position
- Execution

And in the end, it's not the years in your life that count. It's the life in your years. – Abraham Lincoln

The mode by which the inevitable comes to pass is effort. – Oliver Wendell Holmes



## Be There & Be Square

### Turn off – Visualize – Tune In

In order that you get the most out of e-cise sessions there are a few things you may want to consider. First be there by turning off all noise like the TV, Stereo, or radio, and unnecessary light. The less interference, the better the reception is of the messages travelling through the body.

During each e-cise, visualize your entire musculoskeletal system and what is going on in each part of your body. Visualize the entire kinetic chain and get a sense of the repositioning and reconnecting of the various

bones, joints, and muscles. Tune in to your body and listen to what it is telling you. Listen carefully to the biofeedback being telegraphed up and down the central nervous system and the kinetic chain that connects the body.

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### Line Up and Be Square

One important piece of equipment you should invest in is a high quality Yoga mat which will provide you with comfort and a way to line up your body. The mat provides boundaries which can be used to gage proper

alignment and ensure that your body is square and straight. Feel the distance between you and the edges and make sure the distance is equal on both sides. Some clients have put a piece of tape running lengthwise dividing the mat into equal halves widthwise. While on the subject of comfort wear loose fitting clothing having minimal seams. Lastly, SLOW DOWN and RELAX!

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### Form – Position - Execution

One of the toughest things to learn is to be aware of form, position, and execution in

**Feedback, suggestions, and contributions must be in the second week of the preceding month.**

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**Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.**

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**Over 1000 copies circulating in 40 states and 14 countries abroad.**

## Do Right to Feel Right...

### Share the Health

Drink tap water full of chemicals? Yuk!

Be kind to yourself and family -

**Filter your tap water.**

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Rapid return on investment

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**Live Life – Live Well – Live Long**

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**Want healthy knees & feet - free of pain? Wear the least shoe possible.**

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**Thank You for your continued support.**

**PASS THIS NEWSLETTER ON TO A FRIEND.**

order to get the max from your efforts. As I walk people through their menus, finish one e-cise and get ready for the next one, I coach them into position in various ways. "Oh, I really like this e-cise and can do it well."

As I help the client get into position for the e-cise suddenly it is a new ballgame and I hear, "I never did it this way before", or, "I can't do it like this."

It is easy to forget what you learn in a session, which is understandable. However, I am only a phone call away and if I can't talk you through it we can make arrangements for me to come to your home. I wish I could do this for all my online clients but I am afraid that would be impractical. Usually I can talk a person through the e-cise on the phone and get good

results.

The most important thing is – make the call, ask the question, and provide feedback – don't wait until your next session.

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The most important thing we can do to be healthy is listen to what our body is telling us.

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Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen.

-- Margaret J. Wheatley