



STANDING POSTURES

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Chiropractic Massage

Jeremy Cornish LAc.

Standing Postures



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Willpower is created. On the top this practice appears not difficult. Choose a posture. Set a timer. Breathe. As your internal recognition grows, and you figure out how to immediate the energy within and around the body, this basic practice turns into vivid and rich. This reserve synthesizes postures from multiple traditions (Indian, Chinese, Japanese), identifying the normal internal concepts, the essence behind these exercises. Time and additional distractions fade. We figure out how to focus. Standing Postures. The joints find out efficient alignment. Balance improves.



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