

**BEFORE**

Head forward

Shoulder forward and rounded

Upper back rounded

Slumped in the lower ribs

Feet apart



**AFTER**

Head now in neutral

Shoulders back

Upper back less rounded

Chest expanded

Ribs lifted not slumped

Feet closer together



"I came to see Liz due to headaches and numbness in my arms. After my course I am no longer waking up overnight with numbness, not getting daily headaches and stiffness or pain in my shoulders. Also tingling & numbness in my left foot has stopped. Walking is more comfortable too. I would definitely recommend Liz to my friends."



**Julia Pennington**