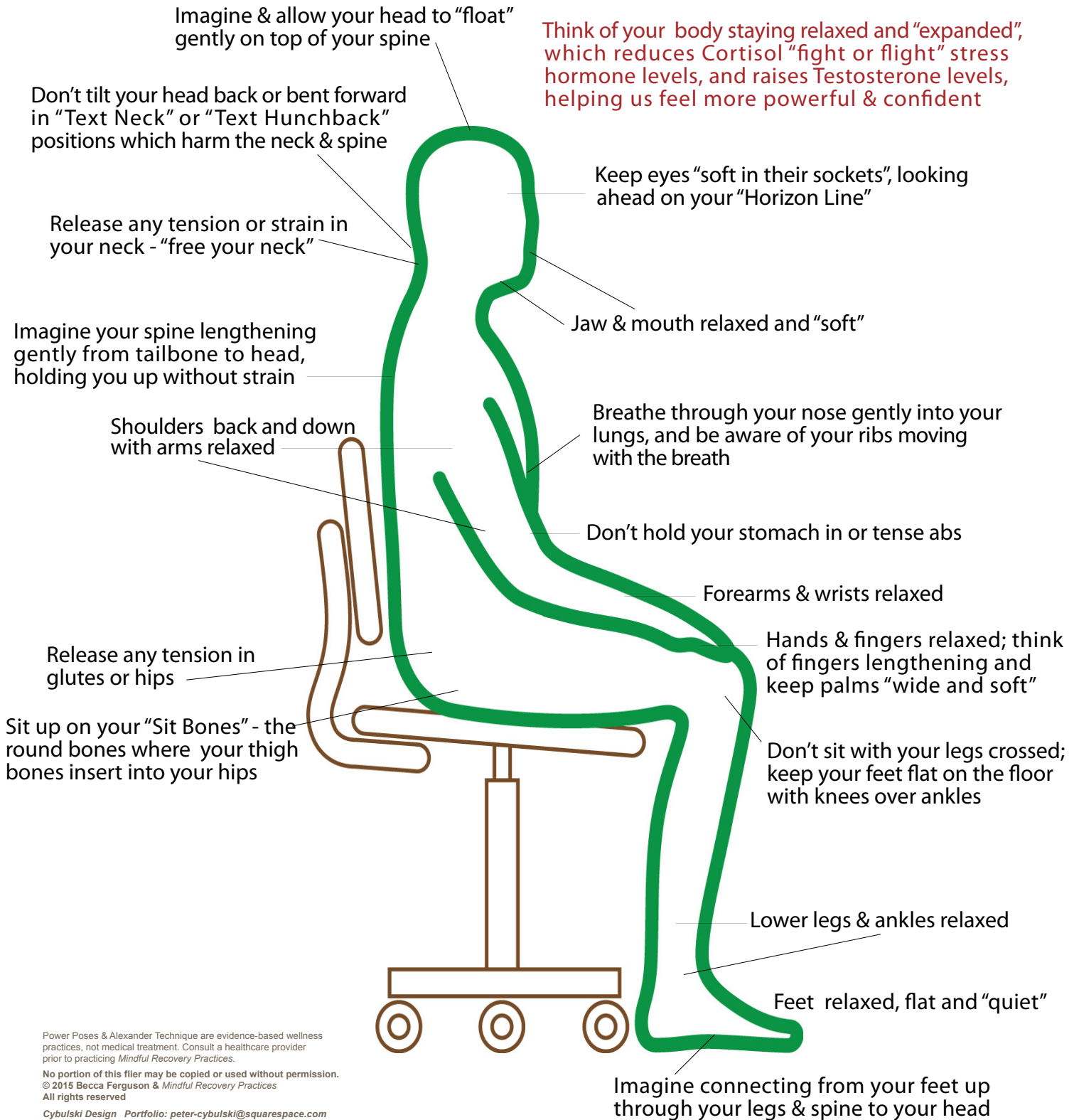


MINDFULSM Recovery Practices

Power Poses & Alexander Technique-based in-the-body wellness practices

An easy fusion of evidence-based practices for calming, mood elevation & other benefits



Power Poses & Alexander Technique are evidence-based wellness practices, not medical treatment. Consult a healthcare provider prior to practicing *Mindful Recovery Practices*.

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