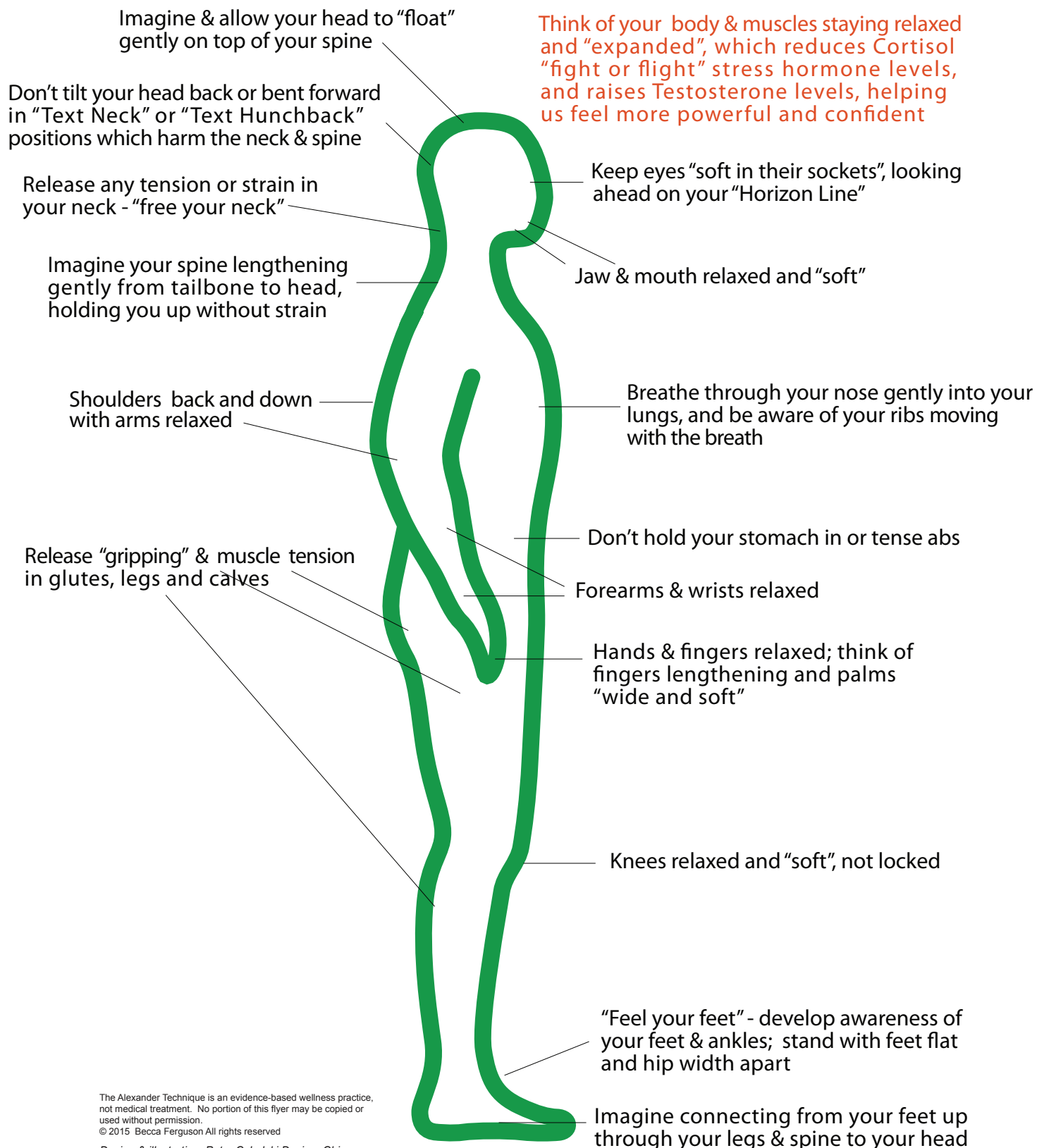


# MINDFUL<sup>SM</sup> Recovery Practices

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

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



The Alexander Technique is an evidence-based wellness practice, not medical treatment. No portion of this flyer may be copied or used without permission.  
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