Optimizing Performance - Alexander Meets Feldenkrais

- **Physical Health**
- **Emotional Well-being**
- **Holistic Health**
  - **Spiritual Renewal**

**Cleanse and nourish your Body**

**Quiet and focus your Mind**

**Renew and awaken your Spirit**

- Wrong posture:
  1. Unstable feet
  2. Knees higher than keys
  3. Sitting on the edge of the bench
  4. Bent back
  5. Stretched elbows
  6. Raised shoulders
  7. Low mouse
  8. Low keyboard
  9. Bent neck
  10. Arm position held from above the keyboard

- Right posture:
  1. Stable feet
  2. Knees slightly under the keyboard
  3. On the front half of the bench
  4. Straight back
  5. Elbows slightly lower than keyboard
  6. Raised shoulders
  7. Low mouse
  8. Raised arm position
  9. Low neck