

## **Explanation of abbreviation on Ten Week Course Plan**

**SSI's** or seven significant intentions relate to seven key postural adjustments you need to make in the posture.

They are as follows:

1. Lift the sternum
2. Lengthen up through the spine
3. Keep the back of the neck long and the crown of the head facing the ceiling.
4. Keep the chin parallel to the floor
5. Tone the abdominal muscles
6. Create some space between the ribs and the hips
7. Lengthen the tailbone down towards the heels.