

positive motion

get healthy. feel better.



~~sit~~
**Sleep like
a baby.**

What if **excellent posture** was effortless and easy?

Prepare to have your mind blown! In our sitting classes, Dr. Pedersen, DC dispels the myths you have heard about good posture. In just 75 minutes, this class will help you understand how to achieve pain-free sitting, including—but not limited to—sitting on a bleacher, in an office chair, or on the couch.

**Classes offered on select
Tuesday and Thursdays
throughout the year.**

Reserve your spot today.

408-358-5086

Registration

\$50 per person

But wait...do you know anyone else who sits?

Save 20% if you bring a friend...\$40 each
when two or more folks sign up together.

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