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# **PART ONE:**

## **HOW TO CORRECT YOUR POSTURE IN 5 STEPS**

**by Alessandra Bedin**

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## **CAUTION!**

**Before beginning this course, read this notice carefully! If you have a poor posture or for some reason perform the exercises incorrectly, instead of helping you they might result harmful. Therefore, as soon as you feel discomfort or pain in the limbs or during the movements, STOP IMMEDIATELY and before starting again, proceed in a softer or slower way. If the feeling continues or worsens (eg if you feel soreness, aches, strains, or if you feel like fainting), STOP THESE EXERCISES AND CONSULT A DOCTOR, preferably a specialist. Do not EVER get to feel pain. I, Alessandra Bedin, am not responsible in any way for any reason and in any situation for damages of any kind arising from an incorrect execution or from inability to approach the exercises contained in this report!**

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## WHAT YOU'LL FIND AND WHAT YOU'LL GET

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After you have read and put into practice the advice in this short report, here is what will happen:

- you will be able to prevent by yourself in a completely natural way eventual future problems to the back due to an uncorrect posture
- save all the money that you would have otherwise destined to therapies
- misaligned vertebrae will tend to get back into place by themselves
- pain will decrease while you get more toned muscles, which will rebalance on the new posture you'll adopt daily
- if while lying down you keep these principles in mind, it is highly likely that you reduce the stiffness of the back in the morning when you get up
- you can always share them with your loved ones or exploit them if you attend dance classes/gymnastics, or other sports
- you'll obtain more health, general well-being and even a good humor!

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## "WHO IS ALESSANDRA BEDIN AND WHY SHOULD I TRUST HER?"

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But who am I to tell you this? I will start by telling you that I never lacked significant experiences in the field of the 'posture'. The study of dance since the age of four years should have corrected a problem of rotation to the right foot... And it ended up instead to become my life!

But around the age of twelve, according to the expert recommended by the dance school that I attended then, I should have brought a CORSET to straighten the back... Which threw me into a deep crisis!

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I wanted to leave the dance and devote myself to music, but I was immediately reported in line coming to graduate of the Ecole Supérieure de Danse de Cannes.

After the graduation, I travelled throughout Italy with several dance companies, even landing in Germany and Cyprus ...

Well, while I was working in a company, one day my spine blocked: it was a compression of the lumbar with a visible and horrible bump. I tried everything to get healed: massage, tractions, physiotherapy... Nothing to do. Sitting, lying, standing, I always had much of a bother!

Fate, however, wanted me to follow a revolutionary postural program when I had the chance to participate to the legendary Ballet Masterclasses in Prague. Here's how I kept my back in perfect health in later years, no hassles and no fees of physiotherapy!

### **The horrible lump disappeared!**

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Meanwhile I was attending specialized courses in order to teach ballet, starting from the propaedeutic at the Choreutic Conservatory of Rome, and holding exams to establish a solid methodological basis to the experience gained in the field.

After having taught for ten years in various dance schools (ballet, pointe work, jazz, preparatory) as well as having directed in the meantime my own school, I understood how to deal with issues related to teaching and posture and I look forward to facilitate the task of those who wish to finally 'understand how to do it'!

### **But why I am sharing these solutions with you today?**

I find it infinitely uplifting, fun and useful to assist anyone who needs the 'first steps' to regain health in an immediate, natural and effective way, especially without expending a single euro of physiotherapy!

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I am happy to share this experience because I rejoice in finding tangible positive results thanks to these amazing and unique information, as well as in receiving enthusiastic testimonials of people who have tried it (if you like, even yours, once you have got the benefits of the new posture: what I've learned and that worked for me, for sure it will work for you!).

In addition, the last thing I want to do is to let this heritage dust in the drawers of my archives while I KNOW that NOW you would really need it and could benefit 100% of the results I obtained by applying these tips on yourself.

## START FROM HERE

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### Why should you devote yourself to your posture now?

- If you use the techniques that I'm about to explain, probably you will avoid future cortisone injections acting 'upstream', and all the consequent health care costs
- Here's how this can be useful to you: you will regain firmness in the deep muscles and will relieve the back from the weight of your body in 'normal' conditions
- If you learn the strategies that I'll explain here, you'll reach a significantly higher level of well-being and a good figure (the image helps a lot the self-esteem and the relations!)

### What do the experts say?

- Here are some interesting **statistical research** that will help you better focus on your problem:

<http://www.bax-u.com/research/>

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From this study we learn that:

- 31 million Americans experience low-back pain at any given time.
- One-half of all working Americans admit to having back pain symptoms each year.
- Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctor's office, outnumbered only by upper-respiratory infections.
- Most cases of back pain are mechanical or non-organic, meaning they are not caused by serious conditions, such as inflammatory arthritis, infection, fracture or cancer.
- Americans spend at least \$50 billion each year on back pain – and that's just for the more easily identified costs.
- Experts estimate that as many as 80% of the population will experience a back problem at some time in our lives.

This leads to the need to correct a poor posture, which, however, is not irreversible ... (taken in time, of course!)

- The **general rule** to obtain a correct posture is: constantly **thinking about it** as much as possible most of all the first times, putting into practice at least a couple of steps described as you get familiar with the '**system in 5 steps**', even if you're sitting, you're walking, you're working or sleeping.
- Here is the **story** of how this **revolutionary strategy** was discovered:

While I was in Prague for the Ballet Masterclasses, I was able to benefit from the intervention of PhD. Jiří Cumpelik, which set me free from an inflammation of the big toe and especially from the lower back vertebrae compression!

- **Here's what he discovered during his researches:**

He identified the illusions linked with a variety of preconceptions and false perceptions of our bodies, breath and minds.

The gradual discovery of involuntary impulses to move and breathe, form, in his opinion, not only the basis of yoga, but also the science of movement.

To learn more visit his profile:

**<http://icdw-prague.com/en/pedagogues/jiri-cumpelik>**

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## HOW IS IT DONE?

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### HERE'S HOW TO CORRECT YOUR POSTURE IN 5 STEPS

The program begins in the brain: it must be imagined, felt and then applied in order to be able to manage it in complete relaxation, automatically.

It starts lying on the floor and then you can repeat everything standing up.

Let's see step by step, without haste: each step must be tried, heard, understood and applied, before moving on to the next!



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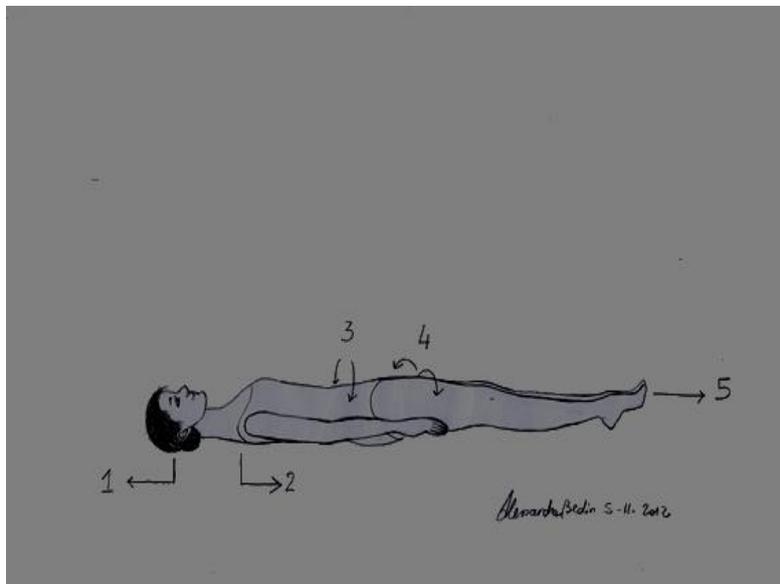
## STEP 1: THE HEAD

Lying on your back, push your head towards the floor and at the same time upwards (meaning in the direction opposite to feet), as if to detach it from the body. Are you there?

## STEP 2: THE SHOULDERS

Now, push your shoulders toward the floor and down (or towards the feet). Do you feel the elongation of the spine in the cervical area? Good.

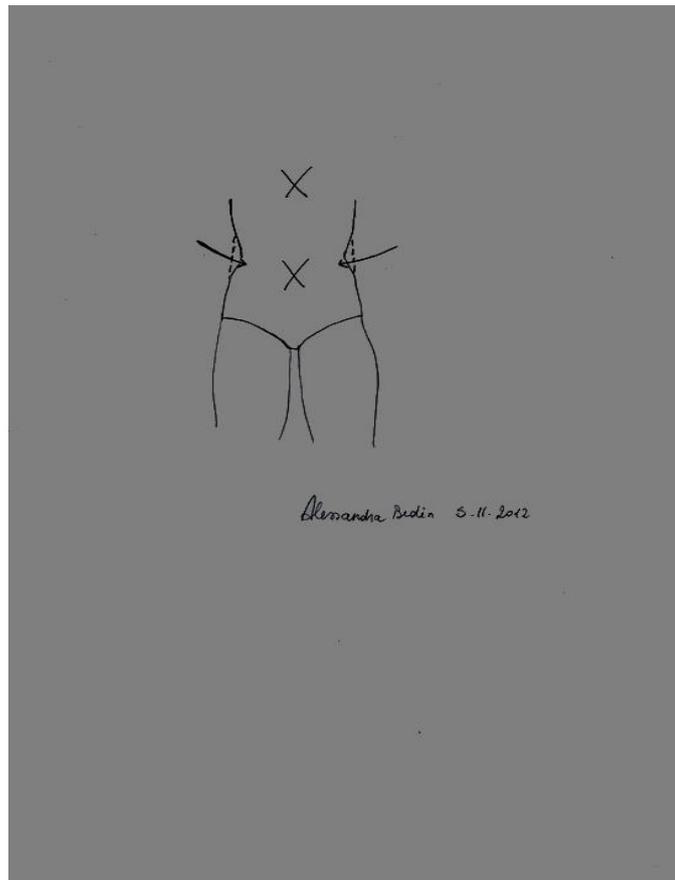
It also activates the 'Teres Major Muscles': those who lower the shoulders from behind.



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### STEP 3: THE 'GILL' BREATHING

Use your diaphragm to breathe: not 'chest', not 'belly' and in any case never before you, but rather down and sideways (I call them the 'gills!'). If you do not feel it, compress with two fingers the points on the Ilium (the bones on each sides of the basin) to feel your breath. Every time you breathe in the air, you must feel it rejecting your fingers!



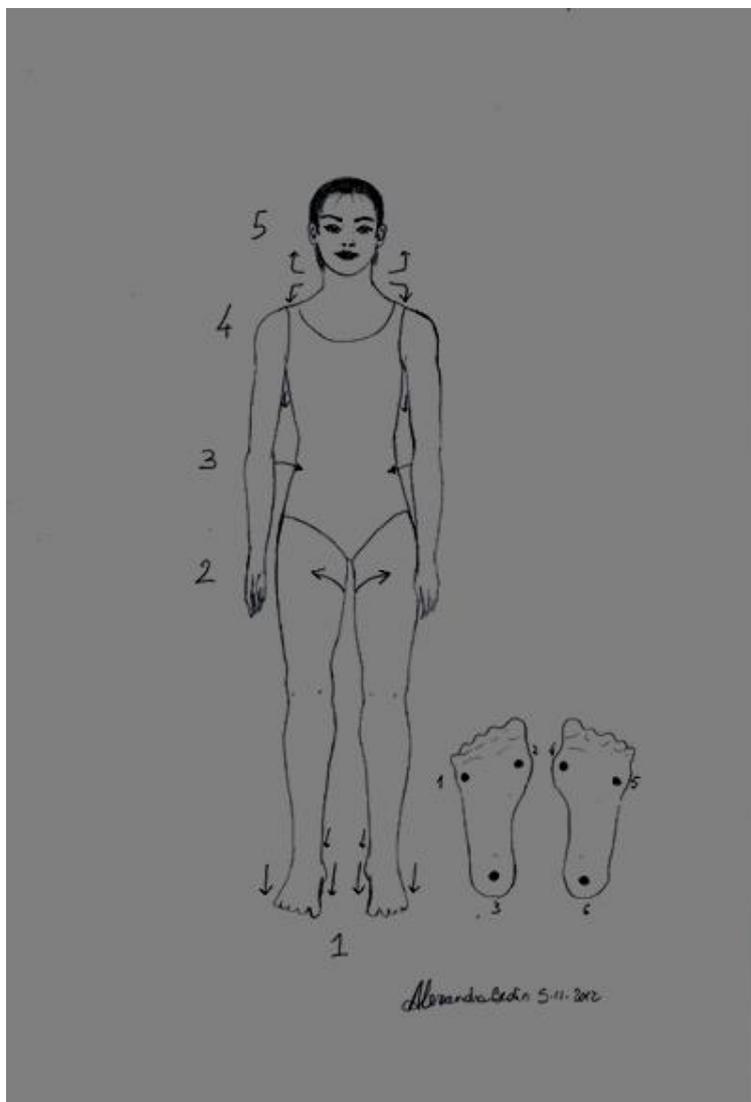
Do not you feel it yet? Try to laugh, you will IMMEDIATELY locate the points where you have to act! :D

### STEP 4: THE FEET

Push with your toes towards the 'low', as if you had an imaginary floor under them and you get up on the toes, as if wearing heels. Do you feel stretched and oxygenated? Great!

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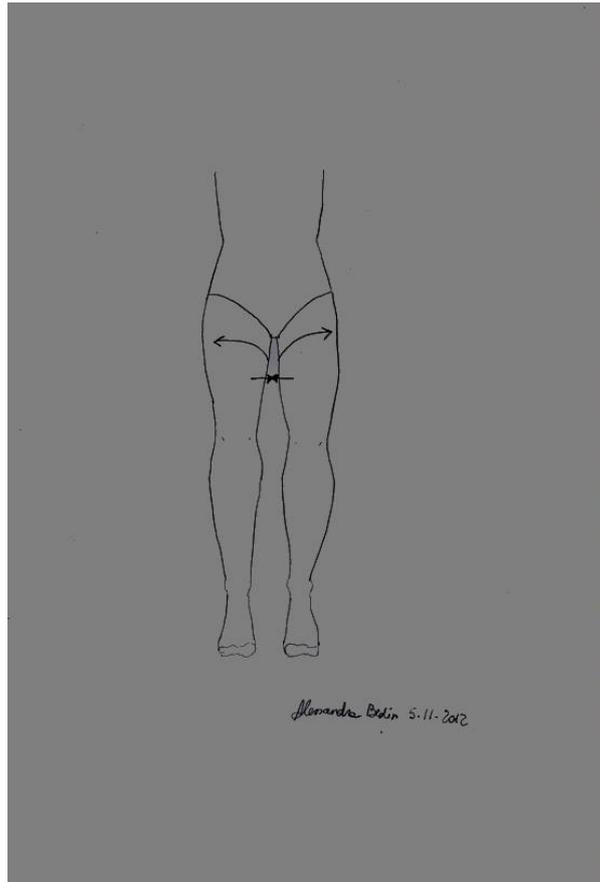
Still missing the last step and we made it!



### STEP 5: THE ROTATION

Now, 'feel' the thighs turning outward keeping your feet parallel and natural. How? By activating the muscles 'abductor' that bring your thighs with each other. You will spontaneously rotate the feet out, but try to keep active the adductors without turning your feet!

Done??



**SUMMARY: THESE SOLUTIONS REQUIRE A MINIMUM OF SPACE, TIME AND CONCENTRATION. MAKE SURE YOU SPEND AT LEAST FIVE MINUTES A DAY TO FOCUS ON YOURSELF AND DO NOT FORGET TO BREATHE WHILE YOU PERCEIVE YOUR BODY IN THE EXECUTION OF VARIOUS EXERCISES. CHOOSE A COUPLE OF STEPS AND EXERCISE WITH THEM, I RECOMMEND STARTING WITH THE FIRST AND GRADUALLY LEARN THEM UNTIL THE FIFTH.**

## WHAT IF... ?

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If it ever happen some 'whiplash' due to a lack of control of your body (sometimes you can not predict or parry the blows coming), here's what you need to do now to make sure you get a stability of buffalo that is able to get you a shield against any eventuality, explained in **three basis points:**

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- Shoulders down
  - Breathing 'gill'
  - Adductor

... To which you know you should add the head and feet that depart between them.

In particular, under the soles of the feet you will need to feel three subsections: the sides of the forefoot (meaning, at the base of the big toe and the little finger), and under the heel.

This is the basic position to keep, which gives you a stability of an elephant!

### ***Seriously ...***

... Give it a try yourself right now. Relax in your old posture, and ask someone to push you back from the chest. Do you fall? Have you lost stability?

It's normal... In fact you are not in the correct posture :-)

Try now instead, starting from the feet and going up gradually to the head, to hear each of the **five steps listed above**, and do the above test.

Do you still fall?

I do not think ...

### **MAGIC! o.O?**

You have finally found the solution to recover your posture and stability, very useful - for example, when you have to carry backpacks or heavy loads - to prevent pain, hernias and inflammation, or if you're standing in the subway or the bus, and you do not want to fall in the midst of the crowd: **you'll be standing** as if you had the same nails under the feet as Michael Jackson's, to the amazement of everyone!!! :-D

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## HOW TO MAKE SURE YOU'LL GET EVERY BENEFIT

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Here's what you must **avoid doing** now to make sure you get an effective and long lasting result.

With the intervention of the adductors, often you have the tendency to pull from the floor the inside of the foot: do not give in to this temptation!

The **three points of support** must be kept pressed to the floor, despite the adductors could cause you to detach them.

This is only the **first part** of the postural program, but it does not end here!

I still have at least one **winning solution** for each of the following postural problems:

- *scoliosis*
- *weak transverse abdominals*
- *asymmetries*
- *chest breathing*
- *abdominal and upper back muscles contracted*
- *sleeping in awkward positions, resulting in pain during the day*

as well as more specific solutions for the aspiring dancer:

- *improve the arabesque*
- *rotate your hips in en dehors*

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- *improve the passé*
  - *strengthen the backbone*
  - *fortify, confirm and stabilize the posture*
  - *relax the quadriceps*

If you want to know more, leave me your best email below to get to know every secret about a correct posture and master the **SOLUTIONS!!!**

[www.webdanceacademy.com](http://www.webdanceacademy.com)

I am happy to receive your comments/feedback on this page to share the results with anyone who adopt these strategies, and who could benefit in the future:

<http://www.webdanceacademy.com/strategie-tecniche/lombalgie-prova-cosi/>

In addition, for any question, doubt or request, you can leave your intervention here and I'll answer as soon as possible:

<http://www.webdanceacademy.com/faq/>

To communicate with me, write an email to the following address:  
[alessandra@webdanceacademy.com](mailto:alessandra@webdanceacademy.com)

So I'll wait for you for the next report ...

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**'THE 12 SECRETS TO PRESERVE YOUR BACK,  
IMPROVING POSTURE AND TECHNIQUE'**

See you soon!

To your renewed posture,

**Alessandra Bedin**