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## ALIGNMENT CHECKLIST

- ✓ **Feet pointed straight**  
STRAIGHTEN YOUR FEET SO THAT THEIR OUTSIDE EDGES ARE POINTING STRAIGHT FORWARD
- ✓ **Feet hip-width apart**  
SPACE YOUR FEET APART THE SAME DISTANCE AS THE WIDTH OF YOUR PELVIS (HIP BONES ARE DIRECTLY OVER MID-ANKLE)
- ✓ **Relax your kneecaps**  
RELEASE TENSION IN YOUR QUADS BY RELAXING YOUR KNEECAPS DOWN - LEAN AGAINST A WALL IF NECESSARY
- ✓ **Back hips up**  
BACK YOUR HIPS UP SO THAT YOUR WEIGHT FALLS OVER YOUR HEELS- YOU SHOULD BE ABLE TO LIFT YOUR TOES!
- ✓ **Drop your ribs**  
RELAX YOUR RIBS DOWN SO THAT YOUR RIBCAGE IS FLUSH WITH YOUR ABDOMEN AND NO RIBS ARE STICKING OUT
- ✓ **Ramp your head**  
DROP YOUR CHIN AND SLIDE IT BACKWARDS (LIKE MAKING A DOUBLE CHIN) SO THAT YOUR NECK IS LONG & VERTICAL

Tip: Watch yourself in a full-length mirror while going through the checklist, and note how your new alignment feels so you can keep implementing it with or without a mirror!