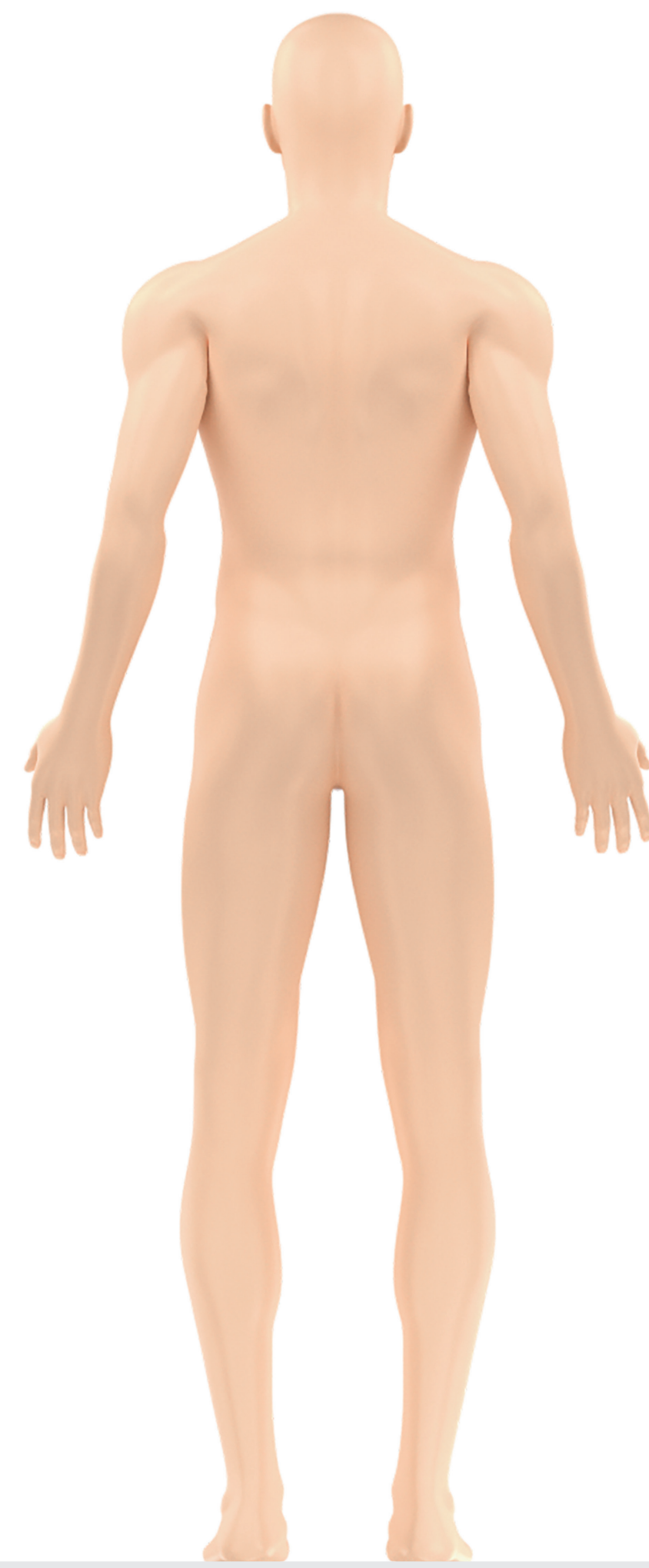
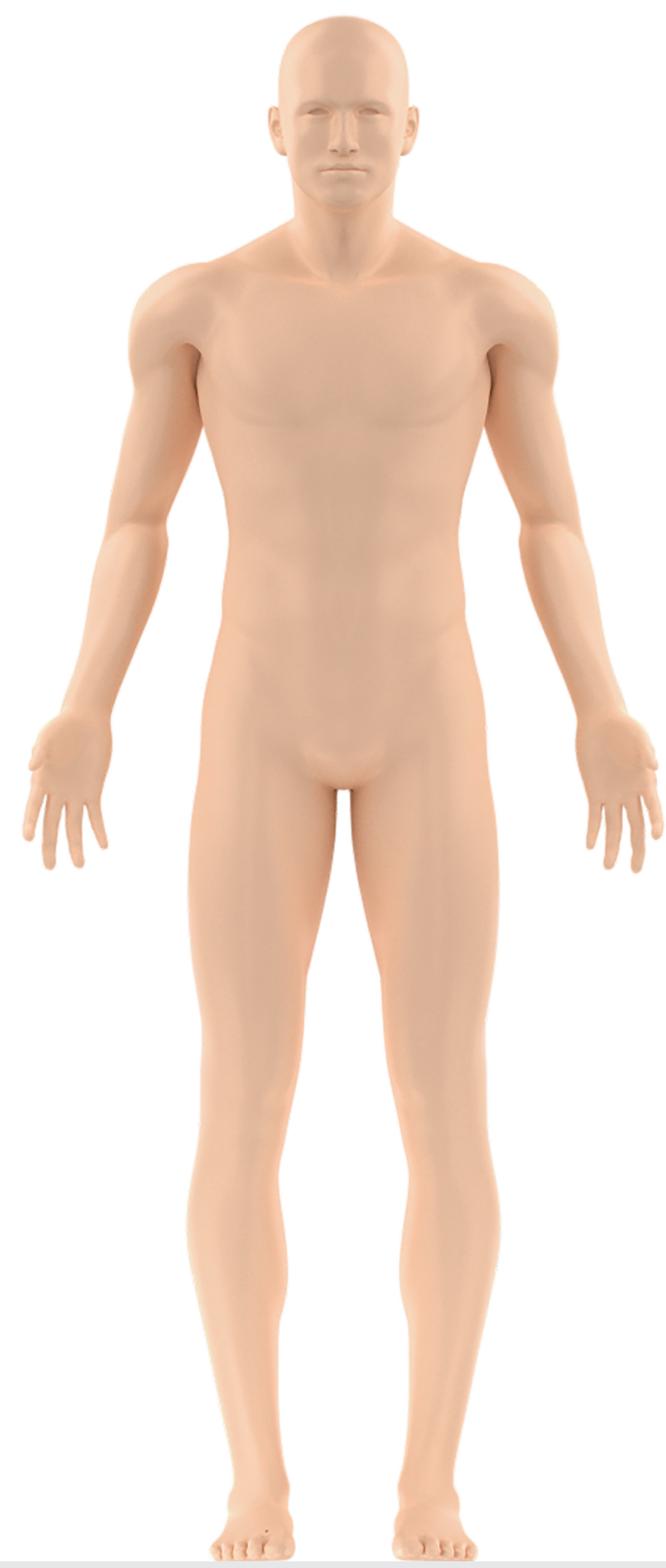


# Total Body Imaging Made Easy

Taking just a few minutes, your imaging session will look something like this:



**1** Stand forward with feet shoulder width apart and palms open

**2** Stand backwards with feet shoulder width apart and palms open

**3** Turn to your left and bring your right foot forward

**4** Turn to your right and bring your left foot forward