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position of one or many body segments in relation to one another and their orientation in space" (Ham et al, p26).The head, trunk, pelvis, lower Posture, How it Develops, and why Standing is Important - Discover The Many Positive Benefits Of Having A Healthy And Naturally Tension Free Posture Because of the powerful mind body connection, our mental state can alter with our posture and our posture and physiology can affect our mental and emotional state. Advantages And Benefits Of Good Posture - selfhelpfix.com -

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