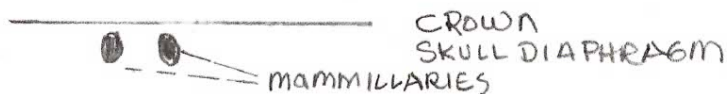
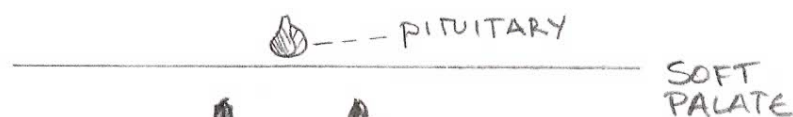
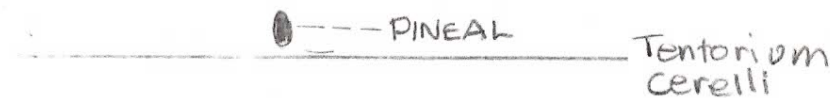


GLANDS / DIAPHRAGMS / CHAKRAS

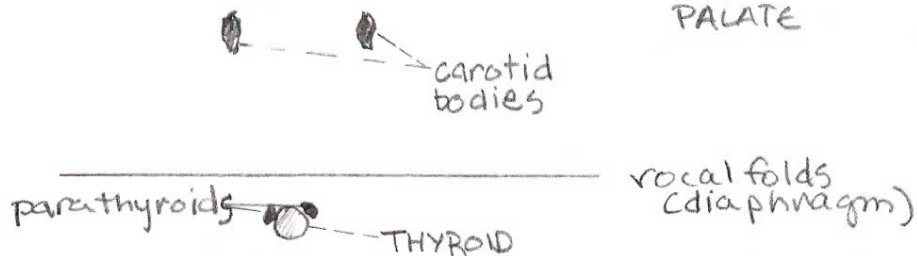
Sahasrara
chakra



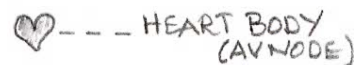
Ajna
chakra



Vishuddha
chakra



Anahata
chakra



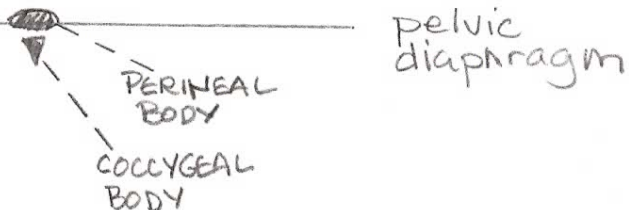
Manipura
chakra



Svadhistana
chakra



Muladhara
chakra



Diaphragms give horizontal support to our vertical alignment.
GLANDS FORM A LIGHT, BRIGHT SUSPENSION SYSTEM OF SUPPORT