


The Newsletter from  
Core Postural Alignment®

# THE PLUMBLINE

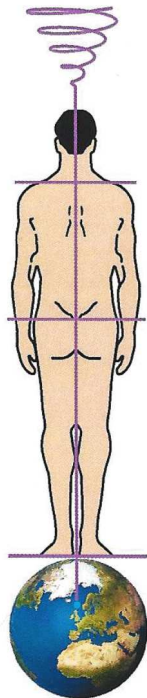
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## Training Course



If you want to train in a dynamic, alternative health technique and start a new stage in your career

## Issue 27



Hello and welcome to this edition of the Plumblines.

We hope you enjoy it.

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## Healthy from the Ground Up

### Newton's Third Law of Motion

*"For every action there is an equal and opposite reaction".*

If Gravity is pulling us down towards the centre

Course accredited by the  
Federation of Holistic Therapists



## Course Dates

For the dates of all our upcoming training courses click [here](#).



## Course Organisers

**We are looking for people to organise Training Courses in their area; both in the UK and abroad.**

We will come and teach the course.

These can be organised by anyone, so if you know of anyone who organises courses please let them know about us.

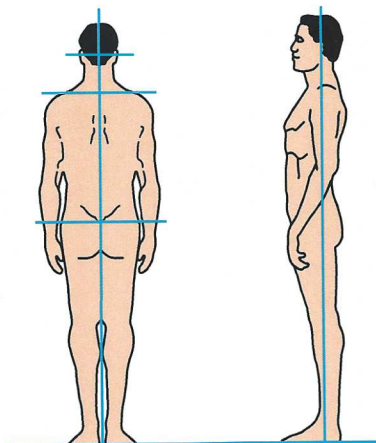
For more information contact us [here](#).

of the Earth then there must be an equal and opposite force pushing us away from it; and it's called the Ground Reaction Force.

If the relationship between Gravity and the Ground Reaction Force is optimal then they will balance each other out and the body appears to be "weightless". That person will be upright with ease, poise and grace. When this happens the body uses the least amount of resources to hold itself upright. We refer to this as efficiency. The more efficient the posture is, then the less resources the body needs to expend to stay upright. When Gravity and the Ground Reaction Force are ideally balanced we say the body has a Physiological Efficient Posture.

In the Physiological Efficient Posture the body is then able to use those released resources to return itself to a state of homeostasis. When the Physiological Efficient Posture is lost the body is pushed into a state of allostasis, in which all the bodily systems have to work that much harder to maintain an adaptive balance.

If we stood someone in front of a plumb line a Static Upright Physiological Efficient Posture would look something like this.



We would see that a plumb line would bisect the body equally left to right and that the head, shoulders and hips would be level and parallel. Side on it would pass through the middle of the ear, shoulder, hip knee and ankle.



## Become a Licensed Trainer

**We are looking for people to help us spread the good news about Core Postural Alignment and help us to teach it.**

Maybe it could be you?

We have put together a program to train trainers in this fantastic technique.

For more information contact us [here](#).



## Demonstrations, Talks & Lectures

**Why not invite us to come and entertain, educate and enthrall your group?**

We give demonstrations, talks and lectures all over the UK and more recently have been invited to continental Europe to speak at seminars.

We have also given keynote addresses and have presented CPD seminars.

**We can tailor our presentations to lay**

From our observations of people we see that

many of them are not upright with ease, poise and grace so there must be some sort of disconnect between these two forces.

This disconnect was first discovered in 1914 by Dr. John Hurley DC. Over the next 15 years he identified two anatomical points which, when correctly aligned with each other, allowed for the optimal balancing of Gravity with the Ground Reaction Force. We now refer to this as the Primary Alignment.

Dr. Hurley, together with Dr. Helen Sanders DC., developed a simple way to assess the Primary Alignment and, if deranged, a gentle way to restore it using just fingertip pressure.

Once the Primary Alignment is restored the body can return to a more Physiological Efficient Posture, reducing the allostatic load.

Since 1929 Hurley and Sanders original technique has gone through several refinements and name changes.

We became the European tutors of this work in 1998. Since then we have been using, teaching, experimenting and refining this technique in the light of a more modern understanding of anatomy and physiology.

**Core Postural Alignment** is the most recent incarnation of this technique.

We are now launching our newly updated training course. Existing practitioners are welcome to learn this as an adjunct to their existing skills so that they can take their practice to the next level.

Courses are running round the country next year. So far Glastonbury, Sheffield and Staffordshire have been organised, with more to follow.

You can find out the details of the next few

people with high levels of anatomy and physiology and to everyone in between.

The feedback we get from them is that they are very well received and that those attending enjoyed, and were stimulated by them.

We are happy to travel to share our enthusiasm for Core Postural Alignment with anyone.

For more information contact us [here](#).



## CPD Organisers

### Do you organise CPD Training Courses?

If you organise CPD courses then we have a range of seminars suitable for you.

For more information contact us [here](#).

[courses here.](#)

Hope to see you on one of our courses soon.

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### **Loss of an upright Physiological Efficient Posture can adversely affect all the systems of the body.**

The cardiovascular, digestive, endocrine, energetic, excretory, fascial, immune, integumentary, lymphatic, muscular, nervous, respiratory, reproductive, skeletal and urinary systems have all been shown to improve when an upright Physiological Efficient Posture is restored. More importantly loss of the Physiological Efficient Posture moves people away from Homeostasis and further into Allostasis.

An upright Physiological Efficient Posture is one where all the parts of the body are correctly aligned with respect to each other and when the whole of the body is correctly aligned to the gravitational field.

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### **Core Postural Alignment encourages the return to a more Physiological Efficient Posture by correcting the Primary Alignment of the body.**

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## Until next time, be exceptional.

Allyn & Sue

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