

Welcome to your PostureKey Programme

Your step-to-step guide to making the most of PostureKey.



Now that your PostureKey has arrived it's time to unlock your body's potential.

We realise that life today can be busy; carving time out for relaxation can sound like a luxury. Building PostureKey into your daily routine is a simple way to ensure you allow your body the time it needs to relax and realign.

How often do I begin using my PostureKey?

Our team of experts recommend using your PostureKey everyday for anywhere between **10 - 30 minutes** (most users aim for 15-20 minutes). Use your PostureKey as frequently as you can. Everyone's body reacts to change differently. PostureKey can make an impact from the very first use or sometimes it requires a number of uses to feel tension being dispersed and the body realigning itself.



Phase 1

Let's take it easy to begin with. Peel away the blue silicone side of the keystone. Begin using just this section of the keystone.

Try just 5 minutes at first, increase this as you get more comfortable. Are you feeling slightly stiff or tender? Give yourself a chance to relax into your new lifestyle. This is a process that your body has to get used to!



Phase 2

You're doing great! Have you noticed your posture improve?

Now fit the pieces of the keystone back together for more tension release. Lie on the blue side with the hard plastic side attached. Your body is adjusting to its new normal; feeling stretched, relaxed and realigned. Try extending the time you spend on your PostureKey.

Phase 3

How are you feeling?

Relaxed? Restored? Ready to take on the world? We would love to hear how you are getting on!

Looking for an even more intense release?

Try using just the hard white plastic keystone. If you haven't already, use your PostureKey for up to 25 minutes. Welcome to your GravityLife.



helpposturekey@gravitylife.co.uk

GRAVITYLife
The Home of PostureKey