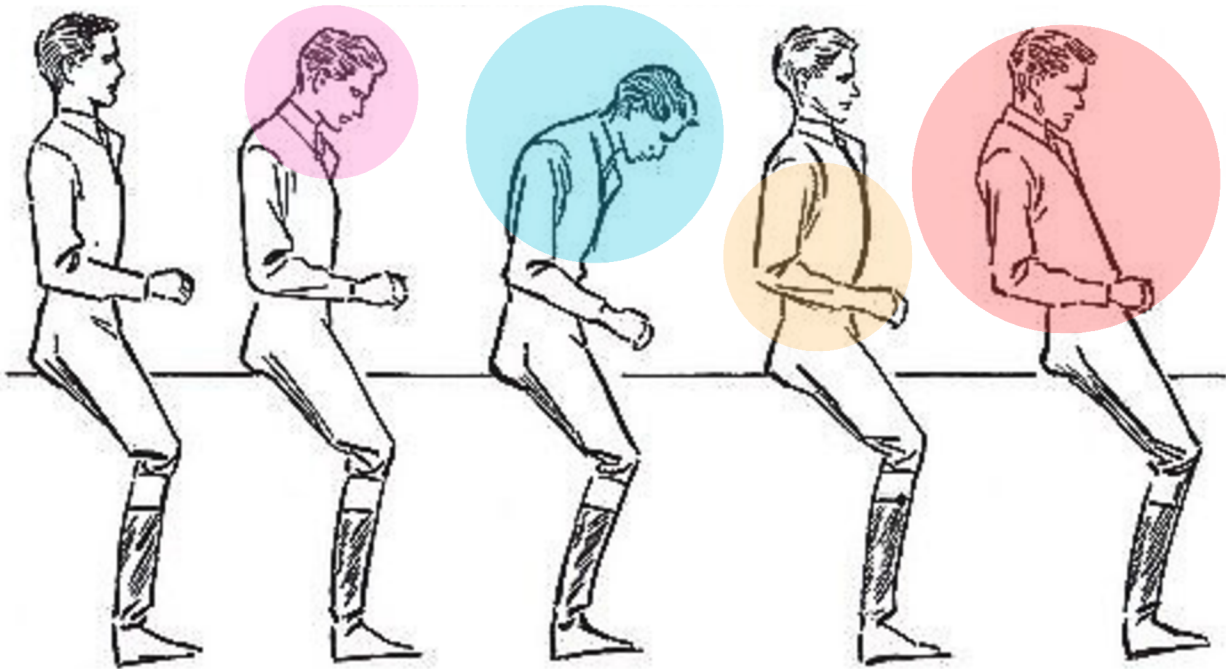


Train your Eye: Balanced Seat



1

2

3

4

5

1	Good job!
2	Look up and see where you are going!
3	Sit tall. Shoulders back. Look up and see where you are going!
4	Relax!
5	Sit tall. Don't lean back. Look up and see where you are going!