

Salon Bliss is proud to present a seminar with  
Surteg Sandhu

author of  
*”Align for Ease: Strength and Flexibility for Life”*  
and creator of  
the PAW method (Posture Access to Well-being)



Surteg's method uses essential core principles  
of posture or body alignment  
for pain management and to achieve wellness.

His philosophy of health is based on the balance of  
physical, emotional and spiritual health (body, mind, spirit).

His talks are interactive and always informative, entertaining  
and filled with practical maneuvers you can use every day.

You will have a chance to ask questions  
and try out some of his recommendations.

See for yourself that relief  
from pain, discomfort and distress  
really is (as he says)

only 17 seconds away!