

## Tips for Sitting Comfortably

Kim Thompson • Wise Traditions Conference 2011 Movement Class Notes

### Alignment Tips

- **Forward Tilt to Pelvis** • When you transition from standing to sitting, really reach back with your sitbones so that you are sitting on the back of your thighs, not your back pockets.
  - Be sure to relax your lower back and really sit. Do not continue trying to lift the back of your pelvis once you are sitting down.
  - Distribute your weight evenly on your pelvis.
- **Feet and Knees** • Place your feet flat on the floor. Toes point out slightly. Line up your kneecaps with your middle toes.
- **Stack Up Your Spine** • An upright spine balances easily over the pelvis.
  - Tension below the waist? Relax your low back and allow the back of your hips to really sit down.
  - Tension above the waist? Gently lower the front of your ribs until you feel movement of breath in the back of the ribs.
- **Shoulders** • Maintain a slight external rotation of the upper arm bones to ease the shoulders into place.
- **Head** • Lower your chin slightly so that the back of your neck lengthens and you look at the world thru the middle of your eye sockets, not down your nose.

### Gesture Tips

- **Sit down, not up** • Imagine the base of your spine being drawn down toward the ground. Allow your head to rest on your spine: do not lift or reach up.
- **Knee Streams** • Relax your legs. Don't sit with your knees held together or otherwise clench your leg muscles. Imagine your knees gently drawn out and up. Allow your heels to drop down onto the floor.
- **Do not clench your belly.**

### Furniture Tips

- **Chair Height** • Ideally, your feet stand flat on the floor and your knees are slightly lower than your hips. You can sit well in a less-than-ideal chair, but it is a little more work.
  - If the chair is too tall, place a small footstool or other support under your feet.
  - If the chair is too short, place a firm cushion, wedge or other support under your hips.
- **Wedge** • You can support your pelvis in a forward tilt by sitting on a wedge. You can purchase a foam wedge or make one by folding a towel so that the back of the seat is higher than the front.
- **Back Support** • Many chairs and seats are not designed to provide support to people who sit well.
  - Sit forward: When you know how to stack up your bones, you will often find it quite comfortable to simply sit forward in a chair and not lean against the back at all.
  - Cushion behind the ribs: Place a small cushion behind the back of your ribs (not behind your waist) to improve straight back chairs, and seats in cars, airplanes and theaters.

### Resources

#### Aplomb / Balance

[www.isaplomb.org](http://www.isaplomb.org)

[www.BalanceCenter.com](http://www.BalanceCenter.com)

#### Spacial Dynamics®

[www.SpacialDynamics.com](http://www.SpacialDynamics.com)