



*Note: This exercise is easiest on a hard chair or bench and hardest on a soft sofa or in the car.*

1. Start by sitting in a chair the way you normally would. Notice:

- ★ how you breathe
- ★ where you feel the weight of your body contacting the chair
- ★ where you feel effort, stretching, crunching or pinching
- ★ where you feel ease

2. Place your feet flat on the ground with your ankles under your knees and your knees in front of your hips.

- ★ Lean forward from the hips until your elbows nearly touch your knees.
- ★ Scoot your butt back and tilt your pelvis forward until your weight is mostly resting on the backs of your thighs.

3. Press your feet into the floor to push your torso back, placing your ribs upright over your forward-tilted pelvis.

- ★ Do not pull with your back or tuck your tail.
- ★ Your back should remain relaxed without rounding.

4. Rock slightly forward and back, noticing how your weight drops in front of, on, and behind your sit bones (ischial tuberosities).

5. Rest with the front edge of your sit bones making contact with the chair. Relax your back, belly, and shoulders completely.

6. Notice whether when you relaxed, your weight dropped through your sit bones or whether your pelvis moved and your weight shifted farther back onto your tailbone (coccyx).

7. Repeat two or three times, but *don't try to hold the final posture*. Keep practicing a few times a day until it feels comfortable and normal to relax sitting on your sit bones.

