

# Proper Sitting

Proper sitting posture starts with a good foundation. Ensuring our pelvis, (the bones we are sitting on) is properly anchored encourages the rest of the body to sit tall, while stacking our spine in proper alignment.



## To Begin:

Notice the bones in your buttocks that you sit on. Most of us allow the weight of our bodies to slump behind those bones, causing the familiar slump. This is referred to as "tucking your tail."

**Correct this posture by rolling your weight forward OVER the bones you are sitting on.**

Your weight will now be resting in front of your "sit" bones.



## With Correct Alignment:

If you had a tail it would be sitting in a natural position out the back.

Your upper body no longer slumps. It is easier to take a deep breathe and tension is relieved.