



Four one-to-one

**Alexander and Feldenkrais** classes  
that will show you how to sit  
and stand without strain.

# sitting

**A** significant percentage of your life is spent sitting in chairs and the way you do it does make a difference.

**The quality of your breathing, your mental stamina, digestion and spinal health are all affected by how well you sit.**

Learning to sit easily - so your arms and legs are relaxed and your head, neck and torso are free to move - can also influence the quality of what you do when sitting.

The way you study, travel, play a musical instrument, communicate or watch a movie can all be enhanced by learning to sit for long periods without strain or fatigue.

Many people don't think about sitting unless they are in pain and even then they tend to think of good seated posture as a position. It's really a dynamic action. Static positions, no matter how upright, are unsustainable.

If you think of sitting as a balance and look for alignment. If you gently observe your whole body and remove unnecessary muscular effort, good seated posture is easy to sustain.

The Alexander Technique and Feldenkrais Method show you how to pay attention to your balance in a way that allows your body's natural poise to unfold.

In these four classes you will learn simple procedures that with practice will enable you to sit without strain and adapt yourself to whatever furniture is around.

You may be surprised by the range of things that improve.

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[www.bodylogic.net.au](http://www.bodylogic.net.au)