

The Art of Moving Well with Kim Thompson

Stress-Free Sitting

Good posture is about being comfortable.

It's being able to breathe easily and having muscles that are relaxed and ready to move in any direction.

If your back, neck or shoulder muscles get tight and tired from sitting, now is a good time to look at some other options.



In general, you can invite yourself into easy uprightness by imagining a bubble of personal space around you and intending a current of movement in that space that goes up the front, down the back.

When the muscles, ligaments and discs around the spine are relaxed and balanced, the spine is aligned like this. Notice that the sacrum (the flat bone at the back of the pelvis) is behind the mid-back.

If you regularly sit so that your sacrum is tucked underneath, then it's easy to end up with a sore neck, disc issues and back pain. Unfortunately, some chairs encourage this pattern.

Sitting on your thighs with your hips back (instead of on the back pockets of your pants) will help you find a more neutral, comfortable alignment. If your chair is straight-backed and doesn't have room for your hips, then a ball or small cushion can give you support while maintaining a long, neutral center line.

You don't have to sit bolt upright. If you lean back while keeping your pelvis untucked and your spine long, you'll avoid collapse and will continue to breathe well and keep your muscles comfortable.



The Art of Moving Well with Kim Thompson

Additional Sitting Tips



Ideal chair height will have your hips slightly higher than your knees so that your thighs have a slight downward slope.



If a chair is too tall for you, your feet might not even reach the floor. This can contribute to uncomfortable pressure on the backs of the legs and tightness in the mid-back. One fix for this is to get a portable footstool.



If a chair is too short for you, you might be inclined to slump backward. One fix for this is to put one foot forward and pull the other back toward the chair so that just the ball of the foot is on the floor. The effect will be to lower the knees. Switch sides every now and then.



In general, align knee-caps with the 2nd toe. This is better for knees and ankles than allowing feet to be wider than knees – especially when transitioning from sitting to standing.

Kim Thompson



Kim helps people feel comfortable in their bodies – through classes and individual hands-on sessions.

Kim's training includes:

Spacial Dynamics®: move in ways that ease tension and pain and give you more energy and better coordination.

Feldenkrais®: gentle movements and touch to release old habits and distribute effort more evenly throughout the body.

Simple exercises: improve balance and prevent or reverse incontinence and organ prolapse.

Tension & Trauma Releasing Exercises® (TRE): discharge stress, drop chronic gripping patterns, improve sleep and digestion.

Hatha Yoga: improve strength, balance and flexibility with classic poses.

Please visit www.ArtofMovingWell.com for a complete list of Kim's Trainings. You can reach Kim by email at Kim@ArtofMovingWell.com and by phone at 301-275-0880.