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## Basic Sitting

Sitting is more of a challenge than standing, but it is something we do a lot and it is a good position for practicing the Basic Breathing.

First, you need a chair with a seat that is either flat or slopes slightly forward. The height of the chair should be such that your thighs slope slightly forwards when you are sitting in it.

Always begin with Standing, to get the feeling of a natural lengthening in your body. Position yourself in front of the chair and release the weight into the ground so that you gently lengthen and expand. Do not interfere with this openness during the sitting process. Find the crease of the groin, place your fingers there, and fold in at the hip joint as you let the knees bend. Let the eyes follow the motion of your body, do not try to keep them level. As the sit-bones land in the seat, let the body return to upright, and feel that you are "standing" on your sit bones. From the pelvis up, there is no difference between sitting and standing.

Once you are sitting, sway your body gently back and forth to get a sense of the balance. Notice how as you sway back, at a certain point your abdomen tightens; then as you sway forwards, the abdomen lets go and the back tightens. Find the place between the two, where front and back are both released, and gently rest in this dynamic balance. It should be quite effortless, and not fixed at all. Since your body is aligned and balanced, you can let go completely without any tendency to collapse; in fact, as in standing, the more you let go the lighter you should feel.

From this stance you can begin the Basic Breathing practice.

If this balanced sitting starts to feel tense or uncomfortable, return to Standing and go through the previous steps again.

If the seat of the chair slopes back; or if you don't want to sit fully upright; then, scoot your butt all the way to the back of the chair, then lean your whole, long back against the back of the chair. Even though you are not vertical the back is still straight, and well supported; this is a good alternative to balanced sitting.