



Fill your own cup first, so you can fill the cups of others...

Please consult your doctor before beginning any exercise program.

SEATING VARIATIONS

with Mary Snow

Welcome. To prepare you for some of the practices that we will be doing in a seated position, I'd like to go over some of the different ways that you can sit so that you are comfortable and what fits for your body. So, right now I am sitting in easy pose with legs crossed and with this I am sitting also on a little prop here. You can have a blanket or a pillow, so that my hips are above my knees. With this you can also change legs that come in front, so that you don't always sit in the same way. So, if my left leg is usually in front, I might try using my right leg in front. You can also take your legs back behind you and sit on something. Again, same thing where my pelvis is tipped a little bit forward, so that my hips are above my knees so it has that little arch in the back. Another variation of this would be to not have anything. That is all right. And sitting on your feet, sitting on your heels. Another way would be to sit and have your legs out to the side, either way. And if you felt like you were off a little bit, you could place a pillow or a blanket underneath so that you want to think about your posture ears over shoulders over hips. So, find what fits for you. You might even do different ones on different days, but find what fits or works for your body.