

Posture

Standing

1. Keep your head up and chin level with the floor
2. Keep the neck elongated and balanced directly above the shoulders
3. Lift your upper body so that your chest is out and up (do not slouch)
4. Holding your shoulders level and relaxed, not scrunched up
5. Stand with your spine straight, not curved laterally or swayed from front to back
6. Pull your abdomen in so that it is flat
7. Flex your knees slightly and position them over your feet

Sitting

1. Keep your back straight
2. Keep the soles of your feet entirely on the floor
3. Do not cross your legs or feet at the ankles
4. Do not bend forward from the waist or stoop forward from the shoulders.
Bend from the hips, or sit on a chair or wedge-shaped cushion that tilts forwards.