

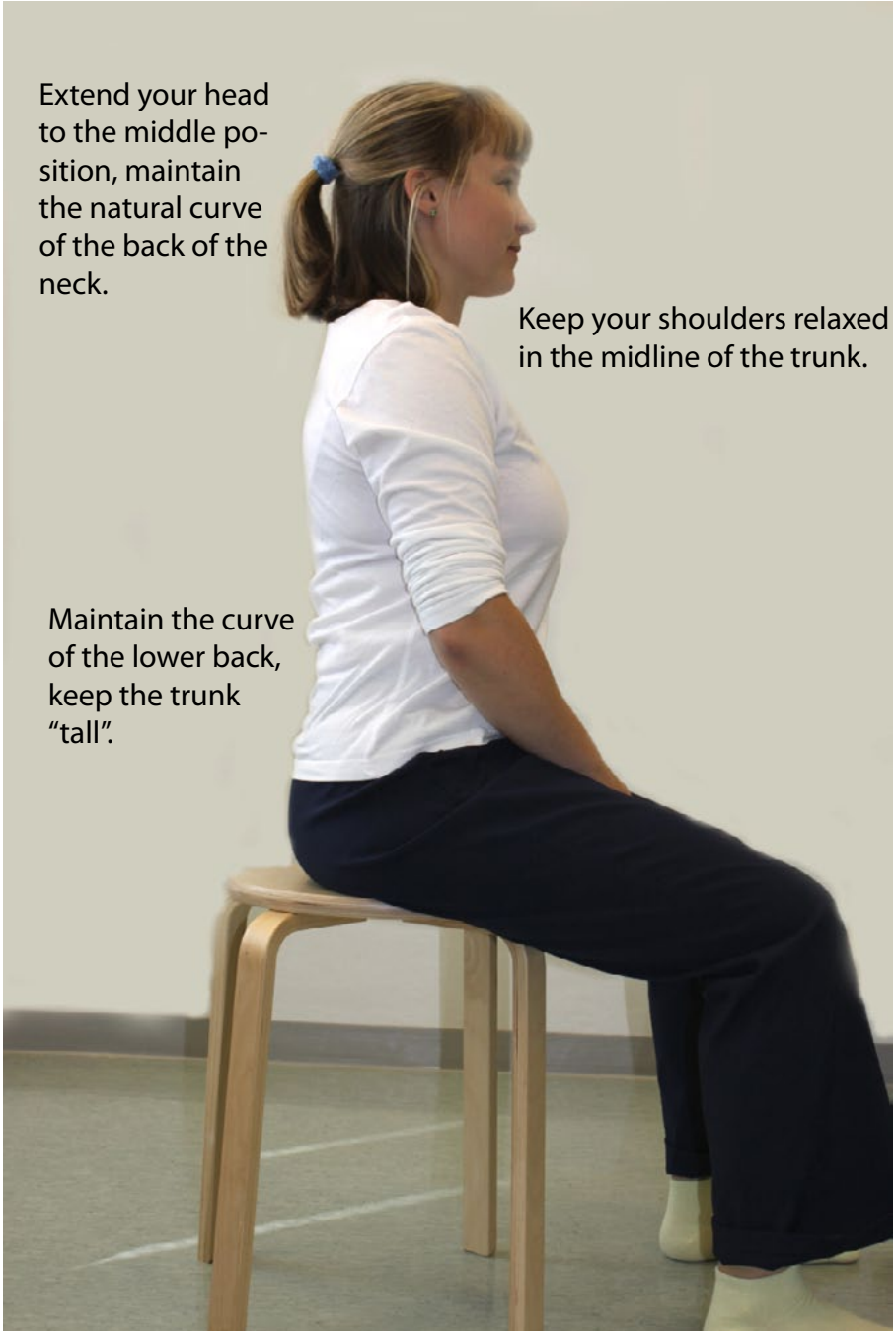
BALANCED POSITIONS

SITTING:

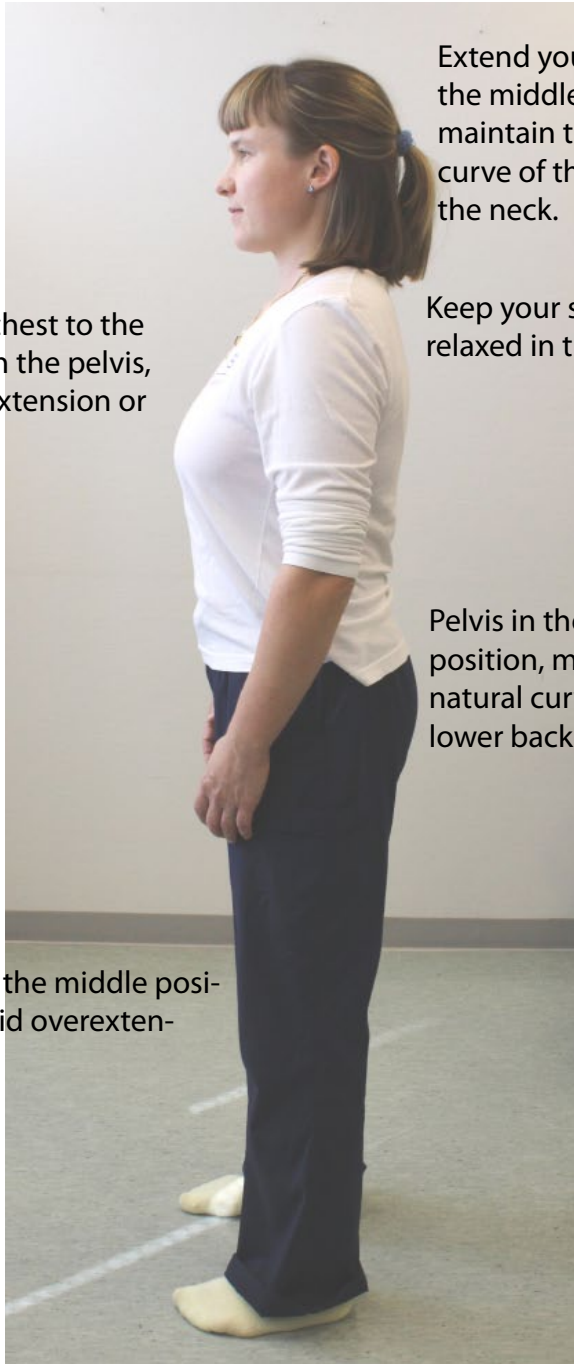
Extend your head to the middle position, maintain the natural curve of the back of the neck.

Keep your shoulders relaxed in the midline of the trunk.

Maintain the curve of the lower back, keep the trunk "tall".



STANDING:



Extend your head to the middle position, maintain the natural curve of the back of the neck.

Keep your shoulders relaxed in the midline.

Bring your chest to the midline with the pelvis, avoid overextension or slumping.

Pelvis in the middle position, maintain the natural curve of the lower back.

Knees in the middle position, avoid overextension.