**The 7-Point Posture**

**We are aiming for relaxed yet vigilant.**

1. The **back** should be made straight but relaxed, tip the pelvis slightly forward allowing for the natural curve in the back – you can think about the vertebra like a pile of coins stacked up on top of one another. Chest or diaphragm drawn slightly upwards so your belly can be relax and expand naturally with each breath.

2.  The **legs/feet** should be in connection with the floor, a stable base, sit like a mountain.

3.  The **hands** can be held in the mudra position, right hand in left, the elbows slightly out. Or resting lightly on the thighs. The shoulders are relaxed and down, imagine you have been carrying heavy buckets of water.

4. The **chin** should be tucked in slightly, you can imagine a hook on the crown of your head that is being pulled upwards.

5.  The **eyes** can be lightly closed, or slightly open, hooked with a relaxed gaze looking into space, at nothing in particular, somewhere about 16 fingers width in front of the nose.

6.  The **tongue** should be held against the upper palate.

7.  The **lips** should be slightly apart, the **teeth** not clenched. One breaths through the nose.