

## Synamics Sacro Aligner - Instructions - Other Positions: Sitting

It is also possible to use the Synamics Sacro Aligner as sitting aid to improve the sitting position and re-train the Pelvis when seated.  
(On any seat like office chair, dining chair, car etc.)

Sit onto the Synamics Sacro Aligner with the Humps backwards and the Head towards the front so that your pubic bone is just touching the Head.

You can stay there as long as desired but should remove the Synamics Sacro Aligner if you feel too much discomfort or pain.

Recommended are 15 to 20 Minutes (several times during the day) (even longer but only after you are used to the position - just try it)



The Synamics Sacro Aligner can also be used while **sitting on the floor** e.g. while doing Yoga / Meditation, and allows a comfortable upright sitting position without forcing the body into a Lotus-Sitting position!

**Sitting on the floor without the Synamics Sacro Aligner:** When doing (Yoga) Meditation on the floor the Spine should be kept upright in order to have the Spinal energy flowing properly which is quite an effort without a sitting aid. It can be achieved with the so-called Lotus sitting position but this position is hard to do and may lead to misalignments in the knee and ankle joints! Without concentration the Position is sloughed and Pelvis tilted. Sitting Bone is pressing hard onto seat. Sacrum is having no support.



**Sitting on the floor with the Synamics Sacro Aligner:** The Spine is straight without effort and the Spinal energy can flow freely. The user can focus on the Meditation and must no longer concentrate on keeping an upright posture! Without concentration the Position is upright and Pelvis stabilized. Sitting Bone is elevated. Sacrum is supported.

**» Note: The Synamics Sacro Aligner should not be used as permanent sitting aid but rather as therapeutic sitting tool for 10 to 20 minutes (best several time daily) to avoid body reactions (healing reactions).**

» Note: Always stay relaxed and breathe normal . Do not exercise if it is too uncomfortable or causing pain!

Caution: At the end stand up slowly and careful to avoid dizziness!

Caution: During the first few days using this tool the body may show some adjustment reactions which can occasionally be a little unpleasant. This is usually a healing reaction and should be gone latest after one week.

If you are not sure about these reactions please consult your doctor first before you continue the exercises.