

# chairs

## Movement Intelligence

Ruthy Alon

**Teachers Manual**  
**Part I**  
**Processes 1-30**

**Applied Feldenkrais**

**CHAIRS** are a human device for how to spear the more difficult half of getting up from the floor and sitting down on it. This facilitation inhibits the anatomical potential of functioning and sets up a deterioration.

The Chairs program intends to shake the sitting from its degenerative fixation, and it offers many mini short processes designed to enrich the options of dynamic sitting and adjust more proportional coordination, with the emphasis on transmitting force throughout the skeleton, as essential for bone strength.

By virtue of its form, the sitting posture is designed in the pattern of standing on all fours, from the point of view of the angle between the thighs and the trunk. This gives it an inherent corrective factor of aged evolutionary memory. Provide, of course, that the person is not limited in static fixation in his or her sitting, nor giving up the unrelenting variety of movements, which is an obvious expression of healthy life.

The confinement of the chair can produce selective gratifying results that are not as easily gained by other ways. For instance: In sitting on a chair in front of a wall, with one foot pushing the wall, it is easy to elicit in the lumbar vertebrae a response of rounding out the lower back, allowing more aligned bridge for the transmission of force, and thus establishing a safer pattern of stepping on the foot in life.

The context of the chair which lends itself to slowing down, moderation and support, can enhance integrative upgrading of a posture that bears weight in safety, which strengthening of the bone is conditioned on. A chair can also serve as a green house for learning how to cope with gravity by systematically cultivating the ingredients of going in and out of the chair.

A substantial part of the chairs processes is an interpretation of the basic Bones For Life(r) program. Other processes are specifically designed for the particular possibilities of the chair.

The Chairs program can be of use for teachers who work with people who have difficulty to go down to the floor and get up from it. The offered processes are done either on chairs, or in standing near a wall, enabling the learning to meet each person in his or her own terms.

Similarly the chairs program can serve people who are working long hours in the sitting position, as we are all developing a culture of computers. The offered variety of ideas in sitting can be applied in short terms within ongoing life, and thus gain an effective gratification.

Enjoy for your well being and pleasure

Love,  
Ruthy

[www.movementintelligence.co.il](http://www.movementintelligence.co.il)  
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