

## How to sit correctly on Asana chair:

1. For proper functioning sit fully into the back of the anatomically shaped seat.
2. The anatomically shaped seat surface follows the natural shape of the human body so the weight lies on the massive buttock and thigh muscles. During the session all critical parts of the body remain free (tailbone, pelvic bones, rectum, genitals).  
Adjust the height of the chair, so that your entire feet touch the ground. For lower characters, we recommend using a foot pad.
3. Sit upright and adjust the height of the backrest so that your lumbar support provides the ideal support during sitting.

Compliance with these simple points guarantees you a healthy and comfortable sitting during a long workday.

We wish you a pleasant sitting.



