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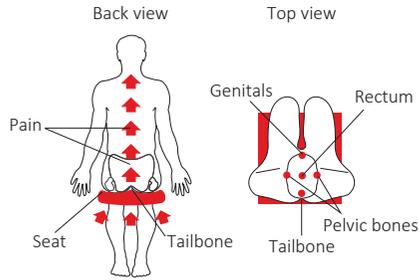
New dimension of ergonomics



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Evolution of the seat

- ✓ Long-term sitting without pain
- ✓ Improves working performance
- ✓ Based on yoga relaxation seat
- ✓ Eliminates spine pressure
- ✓ Improves posture without back pain
- ✓ Prevention of hemorrhoids

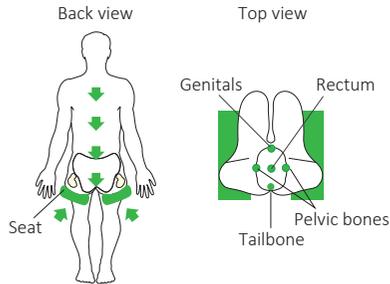
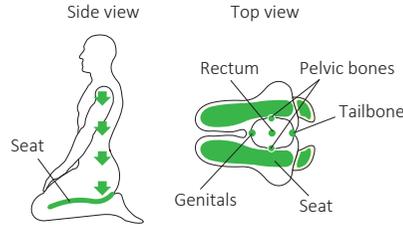


Why does sitting hurt?

A regular chair is equipped with a solid full seat which directly applies pressure on the human body. Besides the buttock and thigh muscles, other parts of the body, which are not intended for sitting, are compressed as well, such as the rectum, tailbone, pelvic bones and genitals. The pressure from the seat is transferred through the tailbone into the spine, neck and the head. This results in lower back and neck pain, headaches, hemorrhoids, fatigue and impaired alertness.

What to do and how to avoid pain

This analysis shows that if we want to completely eliminate all problems arising from sitting we have to eliminate the pressure applied on all of these critical parts of the body. It is necessary to transfer the pressure from the seat into the buttock and thigh muscles, which are intended for this purpose. At the same time we need to ensure stable natural position of the pelvis towards the spine.

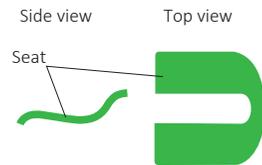


Virasana the "divine design" of the seat

The particular solution to an ideal seat follows from a basic yogic sitting pose on one's own legs called "VIRASANA". It is a relaxing body posture which is used to reduce lower back pain and overall fatigue. The anatomy of human calves creates an ideal seat, which does not apply pressure on the above mentioned critical points of the human body. The tailbone, pelvic bones, rectum and genitals remain free, the pressure is applied only on the buttock muscles and thighs.

Application

Based on these facts, the ASANA series of sitting furniture has been designed. It is equipped with an optimal seat VIRASANA, which ensures healthy and comfortable sitting even when sitting for too long. When used regularly it eliminates existing health problems arising from sitting.



Options

Steel Standard



Architect



Alcantara line

