

Emperor/Empress Position



Stay alert but not tense; relaxed but not collapsed.

You are in command of your body and mind, as though sitting confidently on a throne.

- Sit on the edge of a chair. **Chin level** with the floor.
- Press down through the feet and buttocks to **lengthen the spine**. Keep the **shoulders relaxed**, **head suspended** as though attached to a string hanging down from the heavens.
- **Tuck your sacrum** gently. Rest your hands comfortably on your thighs or knees.
- Stay alert but not tense; relaxed but not slouching.

You are in command of your body and mind, as though sitting confidently on a throne.

This is called the emperor or empress position.