

## AVAILABLE POSITIONS

Sitting erect, pelvis curved out, cross-legged or with legs parallel.

Slumping, pelvis curved in.

Sitting erect, slightly leaning forward, resting elbows and arms on desk.

Reclining on chair, propping up feet on desk.

Sitting against back of chair, cross-legged or with legs parallel.

Plopped, arms over armrests, legs open wide.

Facing backward, with legs wrapping around back of chair.

Propped up by chair while standing.

Fast asleep, resting torso and arms on desk, with arms pillowing head.

Propping elbows on open book on desk, hands supporting forehead or smoothing out hair.

Plunked, head sunk into chest.

What is your position?