



# THE CHAIR

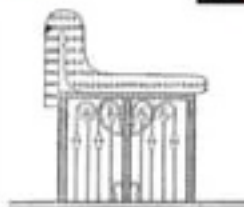
Politics, Sociology and How to sit on one

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Food for Thought Lunchtime Talk

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# Choosing a chair





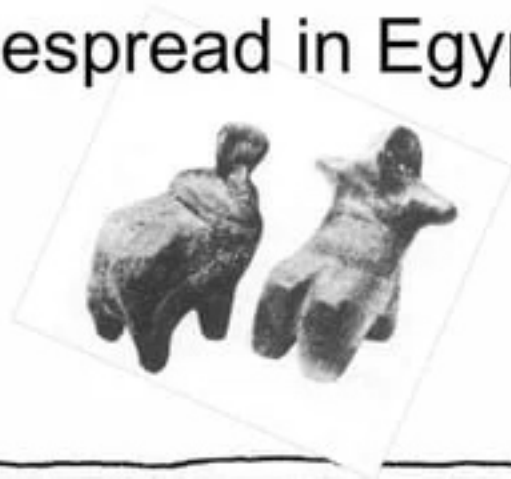
# What are they?

- Evolving social purpose
- Display of hierarchy



# When did it all start?

- In cave paintings? - no
  - Up to 40,000 years ago
- In the New Stone Age - yes
  - 10,000 – 4,000 BC
- Widespread in Egypt and Mesopotamia



# Through the ages

- The Romans
- The Greeks





# Through more ages

- afterwards...
- The medieval period



# The Renaissance and beyond

- Ostentatious and sumptuous
- Ease, luxury and flexibility, padding



# C20

- Social elite adopted physical freedom
- Style cf function





# Style vs function





# The Modern Office



- Corporate image
- The need for status
- The need to get rid of status
- Worker health
- Creativity

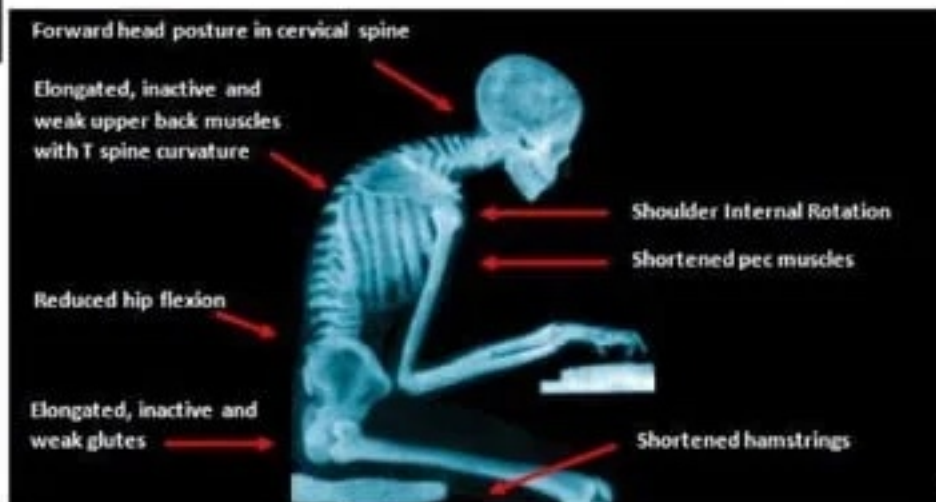




# Sitting Today

- How we sit
- Why we sit as we do
- Sitting more + more

- Can we sit comfortably?
- Yes

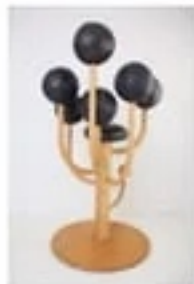




# Moving at your seat



# Think on your feet not your seat







# Your spine is your core



Sitting bones

- What's your spine for?
- Which is the most crucial joint? — where your head balances on top of your spine (rebalancing up to 11 times per second)
- *Standing* on your sitting bones

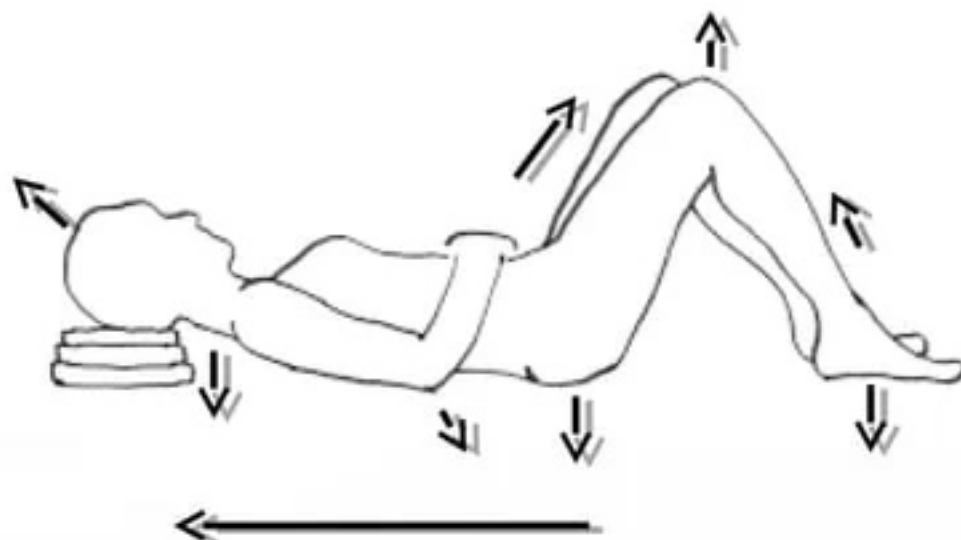


# The Use of the Self

- How we use ourselves as we work - affects how we function
  - Unconscious Habits (slumping, pressing down and contracting)
  
- End-gaining versus paying attention to the process
  - Peering forward towards a goal vs being in the moment
  
- Non-doing –
  - Heightened awareness
  - Thinking upward (non doing)
  - Releasing by allowing muscles to lengthen



# Everyday Constructive Rest



- Rejuvenating, creating internal space
- NON-DOING: Semi-supine – alert, thinking, non-doing
- 15-20 mins per day
- Head on books, eyes open
- Feet hip-width apart, knees up, not falling inwards
- Hands on your belly, elbows outwards, space in your armpits



# References

- Galen Cranz 1998 *The Chair* Norton
- University of California - Los Angeles. "*Sitting is bad for your brain -- not just your metabolism or heart: Thinning in brain regions important for memory linked to sedentary habits.*" ScienceDaily, 12 April 2018.