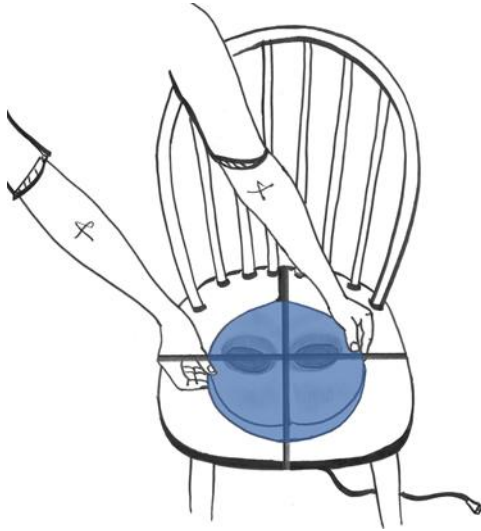


How to Use the Pyramid Seat

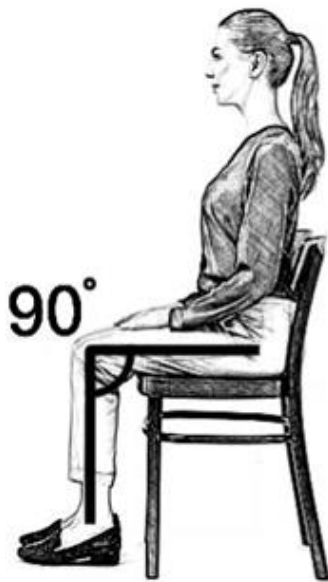
Step 1

The **Pyramid Seat™** is a seat that you place on top of your chair. **Figure 1** is a picture of the **Pyramid Seat™** and its placement in the center of a regular chair. **Figure 2** is the placement of the **Pyramid Seat™** in a car seat and is placed on the back third as ergonomically seat back designs are different.

Figure 1: Place **Pyramid Seat™ in the center of a chair**

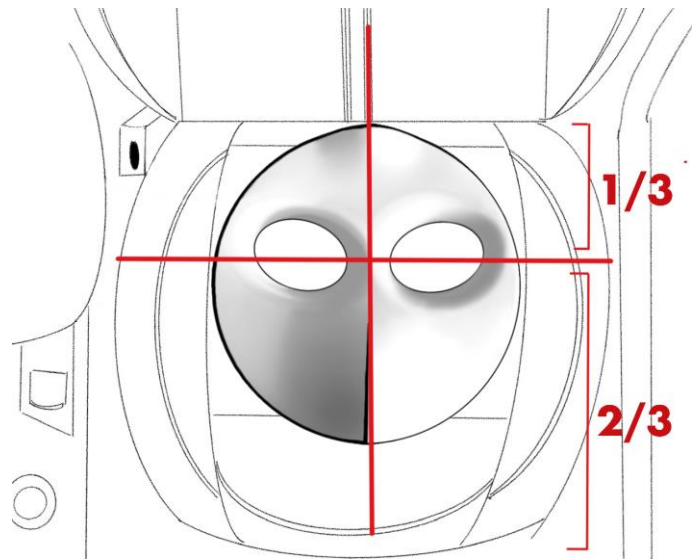


For the **Pyramid Seat™ in a regular chair:**



Adjust seat height so that there is a 90-degree angle between upper body and legs (at the hips), a 90-degree angle at the knees, and a 90-degree angle at the ankles. thighs are parallel with the ground.

Figure 2: Place **Pyramid Seat™ in the back third of car seat**



If on a rolling chair, lock wheels



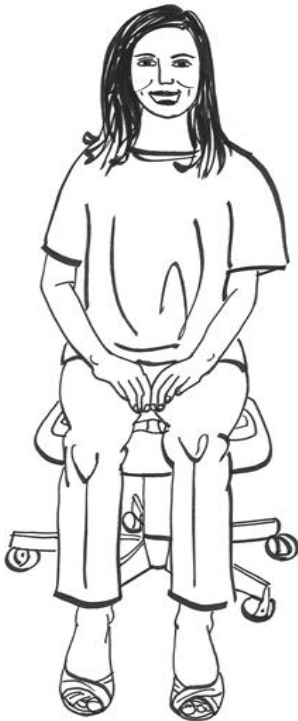
Step 2

Sit down, adjust the buttock into **Pyramid Seat™** (wiggle the hips right to left, front to back slowly) You should feel the 2 bones on the buttock in the holes.

You should also feel the front ridge touching the perineum and the coccyx touching the back area. In this position, the seat supports a straight spine

When first sitting on the Pyramid Seat try to feel your ischial bones sink into the holes and tailbone rest on the small bump at the back.


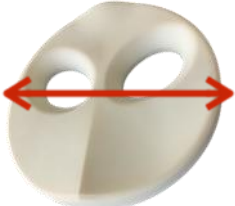




Your lower back should have a slight arch and your shoulders and head should be centered over your hips



Keeping the spine straight, relax, smile, and do abdominal breathing. As you do your abdominal breathing, expand your abdominal cavity, and then exhale the maximum amount of air. This will create abdominal pressure for visceral massage.

Step 3

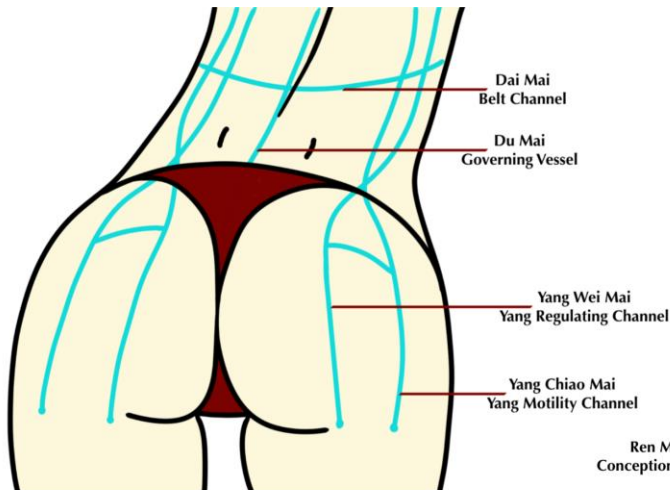
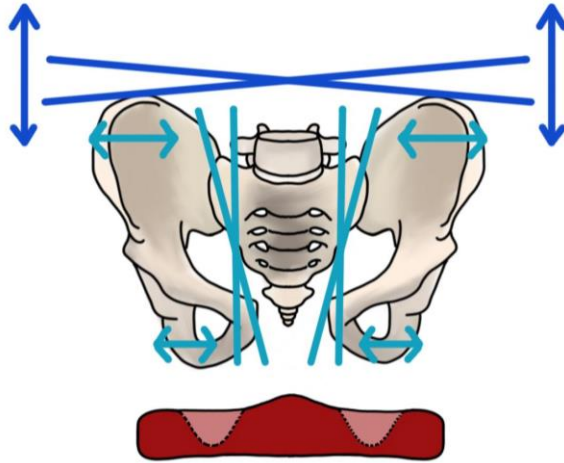
Sitting on the **Pyramid Seat™** with hands on knees, do repetitions of the following movements. Keep the movement very small. These actions are to lock and support the two ischium, coccyx, and pubis at the bottom of the body, rotate them and move them to a vertical position, ensuring that the ischium sinks into the two holes. Do these movements 4 times or each move slowly for 8 times Do this while sitting at work, watching tv, meditating, hanging out, playing music, doing arts or crafts, driving in a car, etc.

Movement	Direction
1) ROCK BACK AND FORWARD (30 SECONDS)	
2) RIGHT TO LEFT (30 SECONDS)	
3) CLOCKWISE CIRCLE (30 SECONDS)	
4) COUNTERCLOCKWISE CIRCLE (30 SECONDS)	
5) MAKE AN INFINITY SIGN WITH THE PELVIS GOING CLOCKWISE (30 SECONDS)	
6) MAKE AN INFINITY SIGN WITH THE PELVIS GOING COUNTERCLOCKWISE (30 SECONDS)	

How the Pyramid Seat Functions

The goal is to use the body's center of gravity and the special structure of the pyramid seat cushion to separate the fat and muscles of the buttocks from the bones as much as possible during these different movements, so the deep layers of muscles, nerves as well as blood vessels can correctly fall seamlessly into the corrective and therapeutic position created by the pyramid seat - this provides multi-dimensional traction and adjustment to the entire pelvis region and lower back

According to the energy of natural therapy and the theory of meridians, all 20 meridians of the human body are gathered at the bottom of the buttocks, which gathers the most important acupoints of the human body. Any physical disease and symptoms are caused by blockage of the meridians and collaterals.



There are meridian obstruction points, tendons, and cord-like tendons that can be found in this part. Because this part is too private, it is not easy to massage, moxa, and acupuncture, so the **Pyramid Seat™** is the best tool for self-treatment, simple, it's easy. The **Pyramid Seat™** does the work --- **you can heal yourself while sitting!**

