

Solar Force Posture



A posture to help assert oneself without superfluous aggressiveness

"The sun is rising for everyone. »

The actors play at adopting physical postures that induce an emotional state in their role work.

Researcher and social psychologist Amy Cuddy recently confirmed that adopting a posture helps build an attitude of confidence and greater presence, even when you don't feel confident or stressful.

Powerful posture boosts your confidence

When standing (or sitting), anchor yourself in a stable upright posture: head straight, feet planted on the ground, shoulders low, arms at rest (e.g. falling naturally at the side of the body). Imagine the earth energy rising through your feet and a warm, radiant golden sun in your solar plexus. Intentionally look ahead to yourself or to the person you're talking to. Speak slowly, or play with silence with determination. Practice this posture and you can use it punctually, wisely and naturally. Crossing your arms can strengthen your steadfast side.

3/5

Ease

Requires some training.

3/5

Efficiency

Boosts your confidence and shows "who you are".

2/5

Point of vigilance

Avoid being stiff and don't forbid yourself to move "naturally".

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