REWIRE

A Holistic Guide to Posture, Movement & Living in Alignment

Your body is not broken.
It has adapted.

A practical guide to understanding your body,
changing movement patterns, and making life part of the practice.

Created by Yair Dolan • Rewire

A New Way of Looking at the Body

Most of us were never taught how to use our bodies.

We were taught how to perform, produce, sit, work and push through. We learned to ignore the whispers until the body had to scream.

I know this personally. I spent years in sport and movement, went through two knee surgeries, and at 23 reached a point where walking down stairs was difficult. I was told I would not be able to keep doing physical activity every day.

Then I met a teacher who made me look at movement differently.

He taught me to observe how I moved, to use less force, and to understand the body instead of simply asking it to do more. Within a week, my knee stopped hurting.

That experience changed the direction of my life.

Rewire grew from that process: years of observing, studying, teaching, treating, training and connecting ideas from different movement practices.

The body whispers before it screams.
We just stopped listening.

The Body Is Always Learning

The body does not decide whether an experience is good or bad.

It asks: “Do I need to adapt to this?”

If we load it, it can become stronger. If we sit for years, sitting becomes familiar. If we breathe shallowly, that can become the default.

The body is always learning.

The question is: what are we teaching it?

This is where posture becomes interesting.

Posture is not simply a shape we hold.

It is a result of how we organize ourselves in relation to gravity, the ground, the task, our habits, our movement options and what is happening inside us.

This is why simply saying “sit straight” often doesn't work.

If the body does not have another strategy it understands, forcing a new shape usually means creating more effort somewhere else.

Start here

- Notice the position you return to without thinking.
- Notice what changes when you are tired, stressed or rushed.
- Notice which parts of your body are always working.
- Before trying to correct anything, learn to see it.

What Is Posture, Really?

We often think of posture as something we should hold:

chest up.
shoulders back.
stomach in.
chin tucked.

But if you have to hold a position all day, it becomes another task.

A more useful question is:

How well can I organize my body while I move, breathe, rest and respond to what is happening?

There is no single shape that works for every moment.

A body that can only sit one way is less adaptable than a body that can sit in many ways.

A body that needs to brace everything to stand is using a different strategy from a body that can receive support from the ground.

The goal is not to force yourself into a “perfect posture”.

The goal is to understand the structure you have and learn how to use it.

Look for these things

- Can you change position without feeling that you are losing your structure?
- Can you breathe without creating unnecessary tension?
- Can you feel where the ground is supporting you?
- Can force travel through the body instead of getting stuck in one place?
- Can you use less effort without collapsing?

Sitting & the Modern Body

We sit a lot. And often in the same way, for a very long time.

For most of human history, sitting was not limited to one chair position. People sat on the floor — cross-legged, kneeling, squatting — changing the relationship between the feet, legs, pelvis and spine.

The body adapts to what we repeatedly ask from it. If most of our day is spent in one position, that position becomes part of the pattern.

Try giving the body more options.

- Change positions instead of searching for one position you can hold for hours.
- Spend some time on the floor if it is available and comfortable for you — cross-legged, kneeling or squatting.
- Notice the relationship between your feet, pelvis and spine, and how your breathing changes.
- Stand up and walk. Let sitting be one position among many, not the position everything returns to.

A simple observation

Sit the way you normally sit. Before correcting anything, observe. Where is your weight? What are your feet doing? What is happening in the pelvis and spine? How easy is your breathing?

Then change one thing and notice what happens. Not to create a perfect shape — to learn another option.

The Problem Is Not Always Where It Hurts

We naturally blame the painful place.

“My knee is weak.”
“My back is bad.”
“My neck is tight.”

But the painful place may be the place taking the hit.

Sometimes one part of the system has limited options and another part compensates for it. The load eventually becomes concentrated somewhere.

This is why I don't only ask: “What exercise is good for the knee?”

I ask: “Why is the knee receiving this load?”

For example

Changes in the way the foot receives and transfers force can affect what happens higher up the body.

Restrictions in the pelvis can change how movement is distributed.

A shoulder can become very good at doing a job another part of the system is not doing well.

These relationships are individual. They need to be observed, not assumed.

The painful place deserves attention.
It just may not be the whole story.

The Laws We Are Always Moving Within

Gravity

Gravity is present in every breath, position and movement. We cannot defeat it. We can learn to work with it.

Ground reaction force

When we stand, walk, jump or run, we push into the ground and the ground responds. Movement is not only about producing force. It is also about where that force goes.

Structure

Bones, joints, connective tissue and muscles are arranged in a particular way. The goal is not to force the body into a shape, but to understand the structure we have and use it.

Spirals

The body and nature rarely move through isolated straight lines. Rotation and spirals connect one action to the next.

Momentum

Movement creates movement. We can fight momentum and stop it, or learn to guide it into the next action.

The question is not only:
How much force can I produce?
Where does the force go?

Rewire: How Change Actually Happens

You cannot simply remove a movement pattern and leave nothing in its place.

If a pattern has been repeated for years, the body has learned it.

So change needs four things:

1. Awareness
See the pattern. Notice when it appears, what you feel, and what changes under stress or effort.

2. Understanding
Understand what is happening instead of collecting exercises without knowing what they are for.

3. Practice
Explore another option. Short, precise practice is often more useful than doing more.

4. Integration
Bring the new understanding into sitting, walking, working, breathing, training and daily life.

A useful rule
If you have been using one strategy for ten years, don't expect to replace it by thinking about it once.

But remember: you are already practicing all day.

Sitting is practice.
Walking is practice.
Standing is practice.
Training is practice.

The question is what you are practicing.

A Simple Daily Practice

This is not a performance test.

The point is to give yourself a few minutes to observe and explore.

01 — ARRIVE
Stand or sit comfortably. Look around the room. Feel where your body meets the floor or chair. Don't change anything yet.

02 — NOTICE THE BREATH
Notice the movement of your ribs, abdomen, back and chest. Don't force a bigger breath.

03 — MOVE YOUR WEIGHT
Shift your weight slowly. Notice what happens through your feet, knees, pelvis, spine and head.

04 — DO LESS
Choose a familiar movement — reaching, turning or standing up. Try it again with a little less effort. Notice what changes.

05 — TAKE IT INTO LIFE
Choose one ordinary moment today — your desk, a doorway, your phone, standing up — as a reminder to notice your pattern.

Stop if something doesn't feel right.

Sharp, escalating, severe, persistent or unexplained symptoms should be assessed by an appropriately qualified healthcare professional. This guide is educational and does not diagnose or treat medical conditions.

Make Life the Practice

The real practice starts after the workout.

Life is where our patterns are created — and where they can change.

How you sit. How you stand. How you walk. How you breathe. How you work, train, rest and respond to pressure.

Changing a pattern is not a quick fix. It takes time, repetition and attention. Quality matters more than quantity. A few minutes of real awareness can be more valuable than a lot of distracted practice.

The physical, mental, emotional and aesthetic dimensions of our experience influence one another. When one dimension is blocked, it can affect the others.

A simple commitment

- Observe one recurring pattern without judging it.
- Learn one principle that helps you understand it.
- Practice a small alternative instead of fighting the old pattern.
- Bring that practice into an ordinary moment in your day.
- Ask for guidance when you cannot see or understand the pattern by yourself.

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