

# Sitting and poses

Certain blocks and furniture items allow you to sit on them to aid relaxation. A range of other poses are also available.

## Sitting

To sit, right click with an empty hand when you are **less than two blocks away** from a seating block. You may also use the `/sit` command to sit anywhere.

## Seating blocks

### Blocks

- Carpet
- Stairs
- Slabs
- Snow layers

### Furniture

- Armchairs
- Chairs
- Stools



# Lay

Use `/lay` to lay down right where you are.



# Bellyflop

Use `/bellyflop` to bellyflop to the ground.



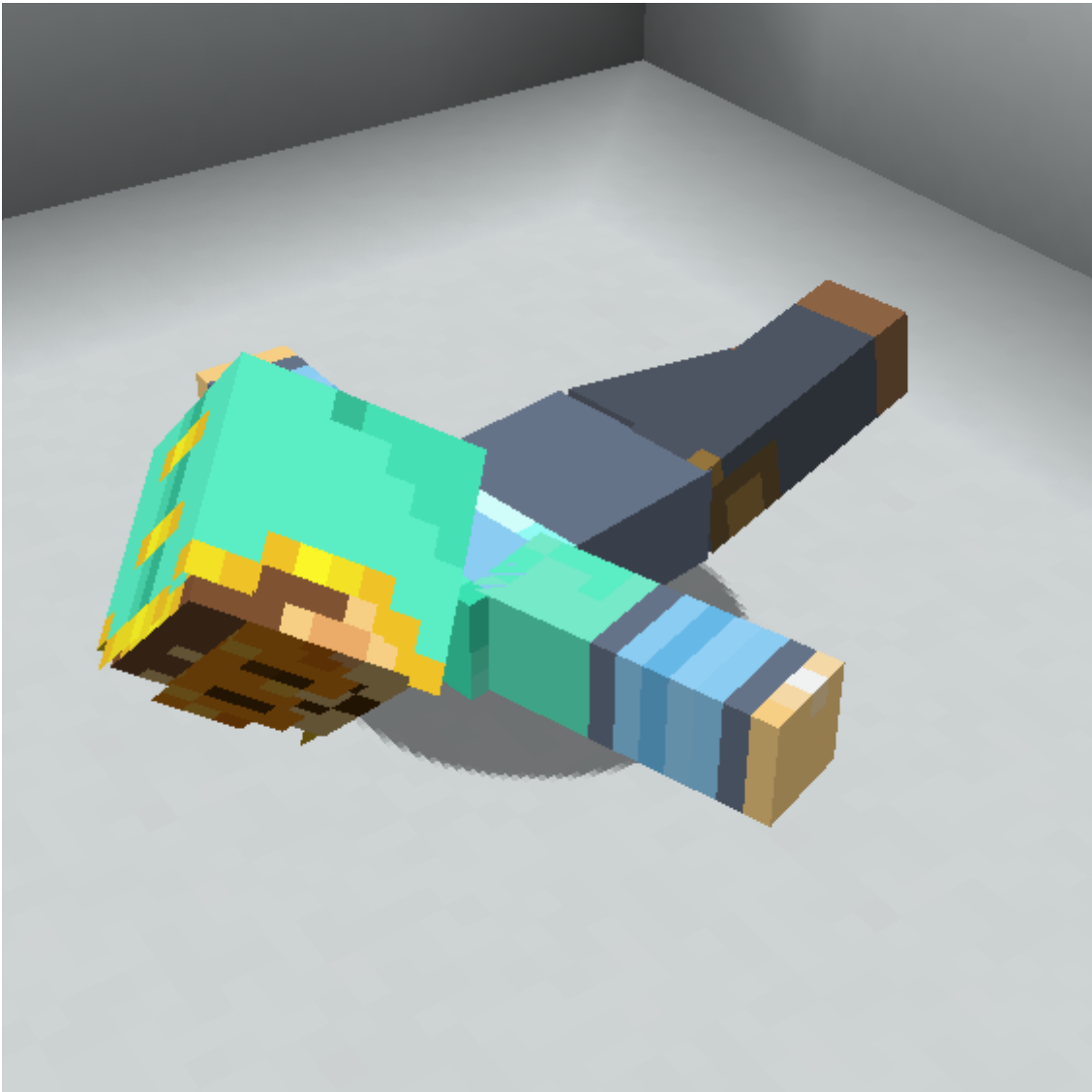
# Spin

Use `/spin` to spin on the spot.



# Crawl

Use `/crawl` along the ground. You may move while in this pose.



## Standing up

You can stand up again by sneaking, just like getting off a horse. If you were sitting on a block, this will place you back where you were originally standing.

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