We claim:

1. A posture adaptive work chair (100) comprising:

a seat sub-assembly (102) having a front edge (138) and a seat base sub-assembly (124);

a pair of spine members (106) cantilevered from the front edge (124) of the seat sub-assembly (102) ;

a back sub-assembly (104) supported by the pair of spine members (106), the back sub-assembly (104) is configured to flex in multiple axes based on a direction of a load applied by a user ; and

a tilt limit lever (120) movably coupled to the seat base sub-assembly (124); said tilt limit lever (120) being configured to enable tilting of the back-sub assembly (104) to a plurality of tilt positions (132, 132', 132")

wherein the pair of spine members (106) being fixedly connected to a rear part of the seat base subassembly (124) through a spine connector (128), the spine connector (128) being configured to facilitate tilting of the back sub-assembly (104) to the plurality of tilt positions (132, 132', 132").

2. The posture adaptive work chair (100) as claimed in claim 1, wherein each of the spine members (106) comprising : a curved portion having a plurality of slots (126) to increase flexibility of each of the spine members (106); and a number of sections having continuous rib with cut-outs to enable flexing of each of the spine members (106).