Claims:

1. A chair comprising:

a base;

a support element coupled to the base and comprising a seat region, a backrest region and a transition region connecting the seat region and the backrest region, wherein the backrest region is reclinable relative to the seat region only by way of elastic deformation of the transition region of the support element, and wherein the backrest region comprises a lumbar region; and

a torsion element coupled to the base and to the backrest region, wherein the torsion element controls the reclining of the backrest region relative to the seat region, the support element being exclusively connected to the torsion element above the lumbar region, wherein the backrest region can be inclined and/or twisted in relation to the seat region.

2. The chair according to claim 1 wherein the torsion element comprises a center spine member and a pair of laterally extending arms connected to the support element.

3. The chair according to claim 2 wherein the arms are rotationally connected to the support element.

4. The chair according to claim 2 wherein the support element comprises a pair of curved, L-shaped support members and a cover extending between the support members, each of the arms connected respectively to one of the L-shaped support members.

5. The chair according to claim 1 wherein the torsion element comprises a center spine member connected to the support element along a center axis of symmetry.

6. The chair according to claim 1 wherein the torsion member is pivotally connected to the seat region.

7. The chair according to claim 1 wherein the support element is free of any connection to the torsion member in the rear region of the support element below the lumbar region and in the transition region of the support element.

reclining the backrest region relative to the seat region ~~and thereby~~only by elastically deforming the transition region of the support element, and wherein the backrest region comprises a lumbar region;

controlling the reclining of the backrest region with a torsion element coupled to the backrest region above the lumbar region, wherein the backrest region and transition region are free of any connection to the torsion element below the lumbar region;

twisting the backrest region relative to the seat region; and

controlling the twisting of the backrest region with the torsion element.

24. The method according to claim 23 wherein the torsion element comprises a center spine member and a pair of laterally extending arms connected to the support element.

25. The method according to claim 23 wherein the support element comprises a pair of curved, L-shaped support members and a cover extending between the support members, each of the arms connected respectively to one of the L-shaped support members.

26. The method according to claim 23 wherein the torsion member is pivotally connected to the seat region.