

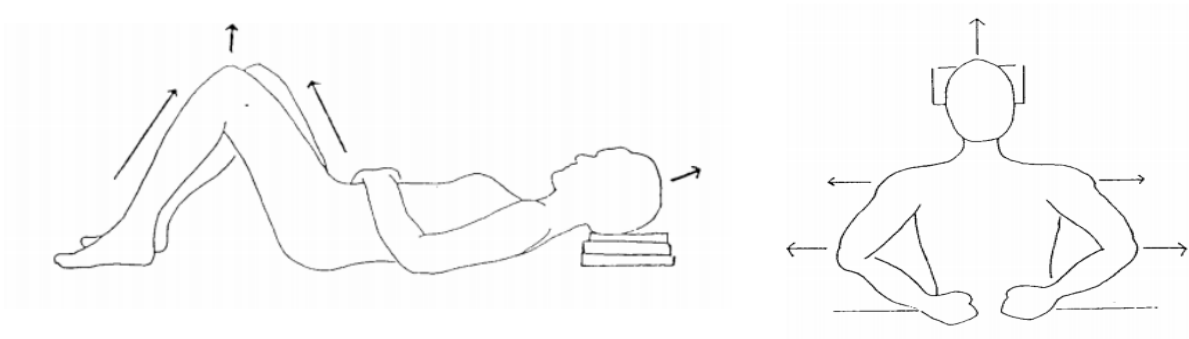


The Alexander Technique: Semi-Supine (aka 'Constructive Rest' or 'a Lie Down')

This is an invaluable tool to support your lessons in the Alexander Technique and to allow for the work to be revisited on your own. Regular practice allows for the changes promoted in the lessons to continue.

The Basics:

- Lie down on a firm flat surface, 10-15 min daily, a carpeted floor or yoga mat are much better than a bed or couch which are simply too soft to provide feedback.
- Let the knees bend and point toward the ceiling, feet flat on the floor about shoulder width apart. Prevent knees from falling in or out
- Place a small stack of paperback books under your head so they are making contact with the back of the skull (not the neck). The height of a few inches will be individual and variable based on several factors. Experiment. You want neither a feeling of your head dropping back, nor your chin crowding your throat but somewhere comfortably between
- Let the elbows rest next to the torso with the hands on midsection.



Points of Contact:

Let the weight distribute between

The feet; from the heel to the width along the ball of foot

The back of the pelvis, a little below the waist

The shoulder blades

The back of the head

Let yourself be supported by the ground



Thinking in Direction: (awareness and intention)

- Begin by stopping. Allow yourself to receive information through your senses to help bring your mind/body into the present. Balancing awareness of self & space
- Observe any obvious tension of holdings that can be let go of and inhibit (or quiet down, or reduce) whatever effort isn't necessary. (release)
- Direct (or intend) what you want instead - a lengthening spine, a widening back free ribs, and limbs releasing away. (redirect)

The sequence of direction is (completely non-doing)

- Let the neck be free
- So the head can release forward and up
- So the spine can lengthen
- So the hips & shoulders can widen
- And the knees can release forward and away

After 10-15 minutes (set a timer, or have a clock in view):

- Come up from the ground gently, through all 4s if comfortable.
- Keep aware of your relationship to the ground
- Keep freeing the neck & let the head lead you forward & up over your feet
- Once standing. Repeat the stop/undo/direct thinking in this new orientation for a few moments and just observe yourself.
- Don't try to hold on to anything, but prevent diving right back into habitual effort.

Some things to keep in mind:

- It is very common for the mind to want to wander. Notice it, and bring your attention back to yourself and the room.
- If you too easily nod off, choose another time of day where you feel more alert and make sure you're getting enough sleep.
- If your knees want to fall in or out a lot. Try tying a bathrobe belt around them for a little extra support. (leaving space between, use a pillow if falling in)
- Choose a time when you have minimal distractions and can silence your phone.
- Regular practice more important than longer sessions.
- Stop all stimulus and agenda and let yourself alone.
- Avoid extraneous fidgeting or adjusting.
- There is nothing to get right. Free yourself of expectations or results. Observe & allow.