

# Pause.

through the  
**Alexander Technique lying-down practice**  
*'semi-supine'*

It is invaluable to take time to rest in this stable semi - supine position. Here, without the demands of your body being upright, you can let earth take your weight and awaken your back. Muscles release towards their full and natural length, the spine frees up, the sponge like spinal discs expand. You will benefit enormously from 15 - 20 min semi - supine every day.

As well as your daily practice you can use semi - supine when you feel the need to ..undo tension and strains....unwind.. .. .give yourself a breathing space... ..refresh... .. .



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Illustration by Pam Kaye Stepping Stone by Maria Hayes



# Earth lies still, giving us a sense of support and perspective.. ...

... .open yourself to this simple activity... ..

... . find your place on the ground...

lie with your back on a firm surface - a carpeted floor is best;

place some paperback books under your head; let them support the bony bump at the back of your head without being in contact with the back of the neck. Your teacher will know the height of the books appropriate for you;

bend the knees so that the feet are drawn up to your body as near as it is comfortable;

place your feet apart (about shoulder width), knees neither falling outward nor sticking together.

let your elbows rest on the floor and place the palms of your hands across the midriff;

open your eyes

.. .getting up lightly... ..

when you want to get up avoid sitting up straight

let your eyes lead the head, lead the torso, then the legs to roll over to one side first

move onto all fours; come up lightly into standing;

back on your feet take a moment to appreciate how your practice has affected your sense of yourself, your uprightness and connection to the ground



.. . allow yourself to become still and curious... .

avoid any wriggling or adjustments to your position

notice where your head is in contact with the books and your body with the ground is it hard or soft? heavy or springy?

avoid pressing your shoulders and back onto the floor let yourself be; consciously allow the floor to support you

gently avoid your attention from drifting into heaviness or internal chatter

and now to your legs: let them stand with as little effort as possible, so the knees don't fall apart or knock together but are directed straight towards the ceiling! avoid holding the knees towards you let the feet have a full and open contact with the ground avoid pushing the feet down

allow the elbows to be supported by the firm surface you are lying on and let the hands loosely bob up and down on the ebb and flow of your breaths.

avoid taking deep breaths

keep your eyes open so you are aware of the world around you

gently avoid your thoughts straying into inner chit-chat

notice that your head is supported by books

let your awareness expand into your whole back on the ground... ..