**Alexander Technique Semi-Supine (Active Rest)**

Lying down in Semi Supine allows your head, neck and back to align naturally without any effort, enabling your spine to lengthen and follow its natural curves.

Ideally if you can spend 15-20 minutes each day in semi-supine, your spine can lengthen fully, you can release excess tension in your neck, shoulders and back and with regular ongoing practice, you can transform your posture.

**Guidelines**

* **Take your time to lie down on a fairly firm surface**, like a mat or rug on the floor, with a couple of paperback books under your head to raise it slightly.
* **Bend your knees with your feet flat** on the floor about shoulder-width apart.
* Take some time to allow yourself to ‘arrive’ and settle in this new position
* **Become aware of the places where your body is supported by the floor and notice the contact of your head with the books;** Bring your attention to the main weight-transmitting areas – the back of your head, the two shoulder blades, the back of the hips and the feet
* Quietly **notice what is around you**, what noises can you hear inside and outside the room, what can you see? Notice those shapes, forms and colours to the sides, above and below (it doesn’t matter that they’re not in focus)
* Each time your mind starts to wander, **gently bring your attention back to where you are here and now**, simply noticing what you can see, hear and feel
* **Try these thoughts**

Remember that they are just ideas, rather thanactions- there is no need to actually do anything

* be aware of the direction of the crown of your head towards the wall and of your feet towards the opposite wall; also, of your right side out to the right, the left out to the left, and of where up and where down is
* think of the whole of your back, starting at your tailbone and gradually working all the way up to the top of your spine, with the idea of a gentle unfurling all the way up, together with an expansion or widening of your torso
* since your hips and feet are fully supported by the ground you can imagine your knees being so free that they could just float up away from your hips towards the ceiling.

This position gives the best support and rest for your back and is the perfect way to de-stress, refresh and feel energised. [alexandertechnique.co.uk](http://www.stat.org.uk)

For video guidance please also visit the website: [alexandertechnique.co.uk](http://www.stat.org.uk)