

The Alexander Technique Lying Down Procedure *Semi-Supine Position*



- ☞ Lie on your back on a firm flat surface with your
- Head raised, for example, on a pile of paperback books
 - Knees about hip-width apart and directed straight towards the ceiling
 - Feet flat on the floor, comfortably apart and fairly close to your buttocks
 - Hands resting, open and relaxed, on your tummy
 - Eyes open
- ☞ When you want to get up, don't sit up, roll over slowly first. Be aware that you may feel a little light-headed when you first get up.
- ☞ Try to make time to lie down every day for fifteen to twenty minutes
- ☞ It can be useful to lie down to quieten and calm yourself but, in contrast to a conventional relaxation exercise, this procedure embodies the following.
- The raised position of the head, legs and hands encourages more of your back to release onto, or towards, the floor.
 - Balancing the legs – so that the knees don't fall together or flop apart – and keeping your eyes open both help to keep your sense of balance engaged throughout.
 - You should avoid "going inside yourself"; the idea is to expand your field of awareness, not deliberately to narrow it! Use your eyes, ears and other senses to inform you constantly about your surroundings.
 - The position, gravity (your resting weight) and your intention to "leave yourself alone" all combine to create a light stretch throughout your back. Think in terms of lively stretch and expansion rather than the sort of floppy relaxation that may result in your becoming heavy and unresponsive.
 - Lying on a fairly hard surface, such as a carpeted floor (or perhaps a yoga mat on a hard floor) allows you gradually to refine your awareness of your back.