

SEMI-SUPINE

-do something nice for your back today-



- ❖ Lie on your back, knees bent, feet flat, head resting on a support.
- ❖ Mouth closed, eyes open, breathing through your nose.
- ❖ Gently ask your back to lengthen from your tail-bone to your crown
- ❖ Ask your shoulder and hips joints to widen away from each other
- ❖ Enjoy the quiet calm of your body.
- ❖ Stay there for 5-20 minutes, as you wish.

What is it?

Semi-supine is a daily practice that helps you improve your posture and helps you manage back pain.

1. It improves your awareness of your own body.
2. It puts your clever, highly efficient spine in a different relationship with gravity, where positive changes can happen.
3. It helps you free your breathing
4. It quietens your nervous system.
5. It becomes your quiet sanctuary where you can repair the stresses of your day .

“ You must ask an Alexander teacher to show it to you”

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