

# Alexander Technique for Mums and Babies

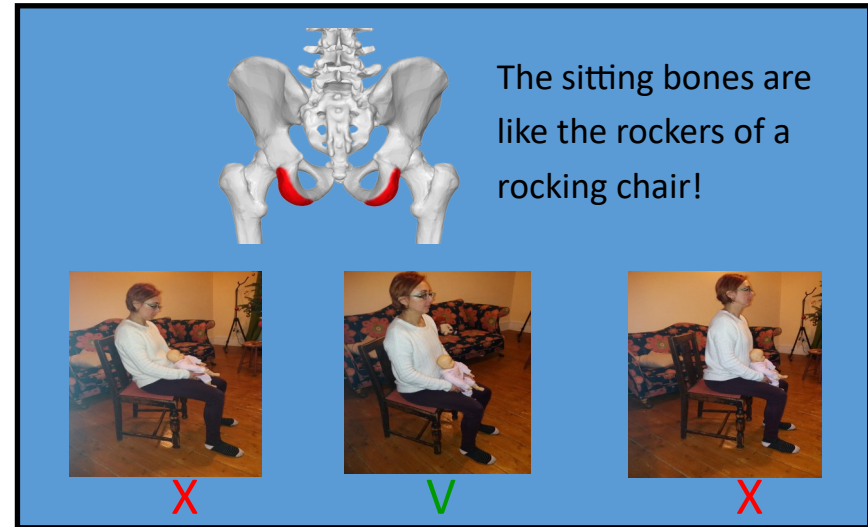
## WEEK 1

**AWARENESS OF HABIT:** How do you sit?

*Balance on your SITTING BONES*

### FEEDING WITHOUT TENSION

- Sit over your sitting bones
- Place a cushion behind your back to help you lengthen and widen against it
- Rest one foot on a small stool
- Raise the baby's head on a cushion
- Release your shoulders and think up!



### THE BODY & THE MIND WORK AS A UNIT

Stimulus = Reaction

Notice your habitual reaction:

Muscular tension in the body? Loss of control, stress?



**REMEMBER!** Allow space and movement within your body. It's not about fixing into a position.

Daniela Sangiorgio MSTAT [embodimentforlife@yahoo.com](mailto:embodimentforlife@yahoo.com) 07800809540

[www.mindisbody.co.uk](http://www.mindisbody.co.uk)

1-2-1 lesson available on request

## Lying Down is Constructive Rest!

[WWW.ALEXANDERTECHNIQUE.COM/CONSTRUCTIVEREST](http://WWW.ALEXANDERTECHNIQUE.COM/CONSTRUCTIVEREST)

- Lie down on your back and on a mat or something comfortable but firm. Place some books under your head. Discuss with your teacher the number of books to use.
- Bend your knees so that they point towards the ceiling and have your feet flat on the floor and slightly apart.
- Place your hands on your abdomen and apart from each other, with your thumbs touching the edge of your ribcage.
- Gravity is your friend. Allow your whole body to settle towards the floor. Don't look for a position but notice if you are trying to hold on to your legs, arms, shoulders, neck. Allow room and movement within your body.
- Keep your eyes open. Ideally you want to stay awake to be aware of yourself: can you do less? Can you soften every part of your body? Be aware of your surroundings: the sounds, colours or smells in the room and beyond.
- Spend 10-20 minutes each day doing the lie down. It helps your back regain springiness, agility, mobility and length! It is scientifically proven that our spines shorten after standing or sitting for many hours.

