

## Quality “me-time”

The regular practice of lying down in the semi-supine position will help in encouraging the changes sought with the Alexander Technique, and is invaluable for maintaining a healthy spine. It is a way of giving yourself a ‘little Alexander lesson’.

## How 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 your head slightly.
- **Bend your knees with your feet flat** on the floor about shoulder-width apart.
- **Let go of tension** in your neck, shoulders, and back to allow your spine to lengthen.

This position gives the best support and rest for your back and is the perfect way to de-stress, refresh and feel energized.

## How long and how often

Ideally, **15 to 20 minutes each day**, to lie down, is enough time to help restore suppleness and realignment of the spine, and to reconnect the relationship between your mind and body.

As well as the physical benefits, the semi-supine practice will give you that all important time to be aware of yourself, to quiet your mind and just stop.

