



# STAT

## 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 calm your mind.

1. It improves your awareness of your own body
2. It puts your spine in a different relationship with gravity, where it can lengthen and strengthen.
3. It helps you free your breathing
4. It calms your nervous system.
5. It helps to repair the stresses of your day and improve your sense of well-being.
6. It is your postural learning ground.

*"You must ask an Alexander teacher to show it to you"*

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