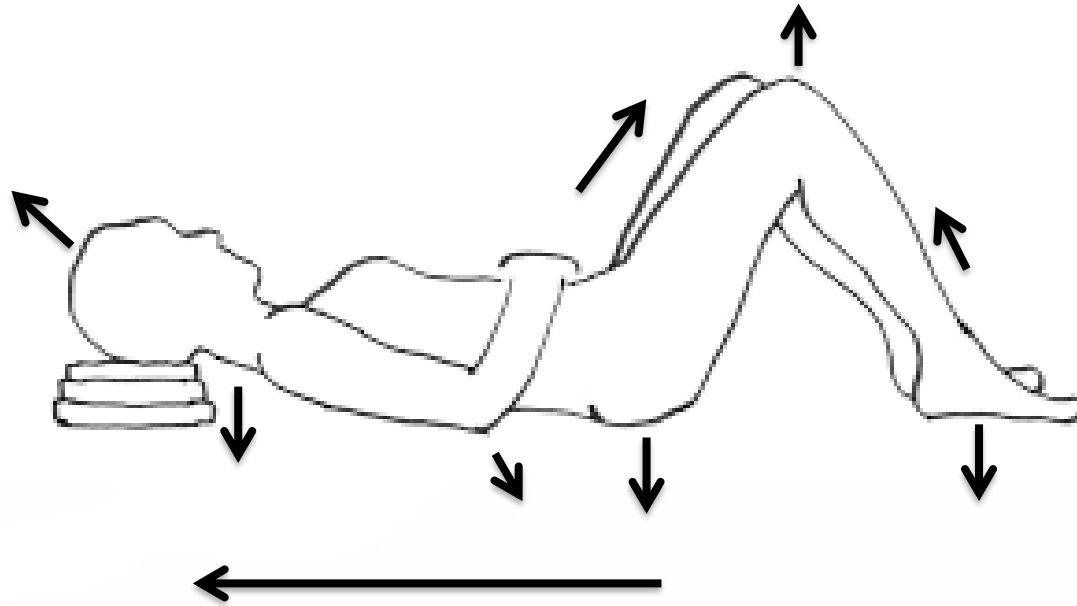




Constructive Rest: everyday restoration practice



- Semi-supine – alert, thinking - non-doing
- 10-20 mins per day
- Head on books, eyes open
- Feet hip-width apart, knees upwards, not falling inwards
- Hands on your belly, elbows outwards, space in your armpits



Semi supine: 10-20 minutes per day

- Head on books (4"-5" high) – more is better than less
- Keeping your eyes open – 50% internal attention / 50% outer
- Knees up; Feet hip-width apart
- Hands on your belly, elbows outwards
- Orienting yourself, looking around (eyes only) what you can see?; your peripheral vision – letting what you see, come to you, letting your eyes be soft
- Becoming grounded - letting the ground support you, wherever you are in contact with it
- Having a sense of your underside, in contact with the ground, the earth
- Observing yourself – from the inside outwards;
- Noticing any changes over time, no judgements
- Greeting your thoughts and letting them pass
- Embracing your feelings, seeing how they change
- Non-Doing - above all, not trying to be anything other than how you are – let yourself **Be**

You can ask yourself the question: **Where else do I seem a bit easy/easier?** Moving your attention around your self, asking this question – where am I noticing this ease?

With practice your system becoming restored to a condition of **elastic toned support**