

Constructive Rest

Is a non-doing position, a being position, a position of rest. Gravity releases extraneous energetic nerve tension, making the position very constructive. It is a useful position for unraveling tension patterns from the core outward, enhancing proprioception and letting go of old conditioning. Quiet your mind, by following sensations and focusing on gravity, the length of your spine, the width of your spine and breathing.

Purpose: to bring the body into good shape. By supporting the body on a flat firm surface, the muscles not only relax, but the shape of the body changes, allowing the spine to lengthen, the ribs to widen and the head to rock forward on the top of the neck.

Position: rest on your back with your trunk and head parallel to the floor. Knees are bent and the feet are placed parallel to each other as wide apart as the front of the hip socket, with the heels 12-16 inches away from your buttocks. Rest your arms comfortably on the floor or across your belly. You can use a book or not too soft pillow under your head, so your spine is neutral but not elevated.

- relax into gravity
- feel your breath and the responsiveness of your whole body
- allow your shoulders to melt toward the earth
- allow the eyes to float in their sockets
- allow the weight of the legs to drain into the hip sockets and feet
- allow you jaw to gently fall open, feel the air move in and out through your lips and nose

aligned



too low



too high



Direction: Enjoy the experience
have awareness of your back
- think of your neck being free
- sense the lengthening of the spine
- and the widening of the torso

For neutral positioning, which is a starting point for unraveling all forms of tension throughout your body: Notice: weight and grounding, rest, breathing and connecting to the ground.

As you release your body weight into gravity, the discs are less compressed and the spine begins to elongate. You may need to lift your head or pelvis a little and lengthen the spine on the floor to accommodate this change.

Constructive rest is an efficient position for body realignment. It releases tension and allows the skeleton and the organs to rest, supported by the ground. Constructive rest is useful at any time during the day, but especially if done 5 minutes before you sleep. The relaxation of the body parts returns the body to neutral alignment and it has a calming and regenerative effect. It engenders a feeling for exploring the ever-returning cycle of somatic awareness. Each time you return, it helps broaden, deepen, and nourish your awareness.