

CONSTRUCTIVE REST

- Lie on your back, bend your knees, and place your feet on the floor in line with your hip sockets, approximately 30 to 40 centimetres from your buttocks.
- Rest your hands and forearms on your ribcage, on your pelvis, or by bringing them to the floor palm down.
- Close your eyes and soften your face.
- Breathe deeply and slowly.

Benefits

- Calms the mind.

Beginners Advice

- Become aware of the parts of your body that are in contact with the ground.
- Make the breath long, slow aiming for absolute silence and stillness.

Challenge

- Focus your attention on your breath. Notice if your mind wanders to other thoughts, ideas or outside distractions. Refocus back to your breath.
- Make the breath long, slow and even. Try to aim for absolute stillness of mind and body.

Adjustments / What to look for

- Be careful not to flatten or exaggerate the curves in either your lower back (lumbar spine) or neck (cervical spine).
- Alignment is important in this posture. Make your spine as long as you can from your tailbone to the top of your head and heels in line with your hip sockets.

