

Semi-Supine

Information Sheet

How to Practice

Semi Supine is where you lie on your back with your feet flat on the floor and your knees pointing up to the ceiling. The knees and feet are approximately hip width and a half apart.

Initially you may like to experiment with how far apart you have your knees and find out what feels most comfortable and supported for you.

Ideally you would place a thin book under the head, the exact thickness of which would be determined by your posture. The book is to align the cervical (neck) vertebrae, so that the neck lies flatter against the floor.



In the Posture:

It is important to note, that although the aim is to relax during semi supine, it is more beneficial if you can maintain awareness throughout, rather than drifting off into sleep or semi-sleep. So keep bringing your self back to how your body is feeling. Perhaps become aware of how your body is lying against the floor. Noticing which parts are in contact with the floor, and then allowing your body to be supported at these places, fully giving way to gravity and sinking into the floor.

20 minutes is the ideal time to lie in semi supine to get the full therapeutic benefits, however just 5 or 10 minutes is still effective.

Anywhere between once a day and three times a week is good.

When coming out of semi supine, do so slowly and with awareness. Perhaps roll to one side first before coming up to sitting.

Benefits:

The main effect of semi supine position is to realign and lengthen the spine and so reduce unnecessary muscular tension. By releasing and freeing up the neck your head can move forward and upward, relative to the neck, and the spine can lengthen and the back widen.

This position encourages your body to move out of any habitual postural patterns of rigidity and undue tension, so that your musculature can work appropriately.

You might experience increased energy levels due to a decrease in muscular effort and excess tension.

For people suffering from any form of back pain or back injury, then semi supine may be the favourable resting position during class. Using it at home in-between classes may be of great benefit in alleviating any discomfort.

Problems:

Initially you might find that your knees want to fall outwards, and it might feel like it requires a big muscular effort to maintain this position. If this is the case, then try having your legs up on a chair until you become more familiar with the position.

