



Notes From Sally Swift (1)

Alexander Lie-Down

Lie on your back on the floor with enough paperbacks (2 to 4 paperbacks) under your head to make your face horizontal. Your chin must not stick up or sag down and you should be able to breath freely. Leave the neck free from support so it hangs as a bridge from the head to the torso.

Bend your knees and point them to the ceiling. Place your feet flat on the floor about 12 to 18 inches apart. Find where the knees balance with no muscular help, not falling apart or together.

Place elbows on floor and hands flat on the belly.

Let your body rest. Don't boss or push it around or be judgmental. Let it find its own way. Listen inwardly to what it tells you, but don't do anything about it or be critical. Let your body find its own way to lie flat on the floor and let the floor come up to your body. Check in on different parts of your body to see what they are telling you. Accept any answer, but don't do anything. Just check and go away.

Notice how you are breathing. Breathe naturally and normally. Be aware of the different parts of your body and how they are involved. Just listen to your body and your breathing. All this gives Nature a chance to deal with your body, without your habitual patterns actively interfering. The hard part is to learn to do nothing, not to interfere.

Do this once a day for ten minutes. Better still, 2 or 3 times a day. Two ten-minute times are better than one twenty-minute session.

This exercise alone, done faithfully, can greatly benefit riding and your body.

Slow Rolling - To Relieve Aches

Lie on floor with or without paperbacks under your head. Bend both knees and clasp hands around them. Roll gently and slowly to one side and then the other, letting the lower body and knees roll most, and leaving the shoulders pretty squarely on the ground. Do it however many times feels helpful.

Lie on the floor, as above, knees bent and together, but either with one hand on each knee, or with no hands on the knees. Imagine a big clock. Trace the outline of the clock slowly with the points of your knees. Do it the same number of times clockwise and counter clockwise.

Rest in between and afterwards in the Alexander Lie-Down position and allow your back to widen and spread out on the floor.