



## Constructive Rest Pose

Constructive rest position is the ultimate release. We hold on to so much that we aren't necessarily aware of and Constructive rest pose is a gravitational release that lets the back of the body release, relax and let go.

**When feeling Back Pain or Spinal Discomfort, you need to be able to RELAX TIGHT MUSCLES FIRST before any moves or exercise can happen effectively.** This is the "go-to" for relaxing, releasing, and balancing the psoas and the psoas major is both the main muscle of walking and the main warehouse for trauma within the body.

You can radically increase the benefits of lying with bent knees by learning how to be more precise with the practice. The careful placement of the legs establishes the skeleton as the primary support so that the deep core muscles can relax and release. The hip bones "plug into" the hip socket, and with the assistance of gravity, allow the whole length of the psoas to release the spine.

**In Semi-Supine** - Lying down on your back, neck inline with spine and centred, so use a folded towel if needed at back skull., if necessary. Let your head release to earth. If your feet are too close to the buttocks, you will find that your upper thighs are unnecessarily tense and that the weight of your body primarily will be on the ball of your foot. If your feet are too far away from your buttocks, the abdominal muscles will be too engaged and the weight of the body primarily will be in the heel of the foot. When the weight is balanced equally between the ball and heel of the foot, and you have some air space behind the knee, you are approaching the zone of an optimal CRP. Also check that the feet are hip-width apart; if the feet are too wide apart, the knees will fall inward; if the feet are too narrow, the knees will fall outward. Briefly, look down your torso and check that the thighs are in a parallel position and that the weight on your feet is balanced between the inside and the outside of the foot. Let Arms and Palms fully rest down beside you or lightly onto hip-points or onto belly. Relax shoulders away from your ears, feel tension release, let shoulder-blades feel broad and wide and grounded. Allow your spine to rest and lengthen down into the ground. Observe your breath. Notice that you are breathing IN and breathing OUT and soften without any holding, becoming aware of any internal shifts in pelvis, back or body – just let everything GO so that you yield your bones to the earth.

Continue to surrender your whole body and REST. Become peaceful. BE with your breathing. *Discomfort arises from conditioned muscular patterns. Try not to shift or move when unpleasant sensations arise. Continue to rest and breathe. Maybe aim for about 4/5 counts in, pause, 6/8 counts out (a count is one second) Longer Exhalations evoke the 'Relaxation Response' physiologically.*

Also comfortable to elevate legs with lower legs resting on a chair or pillows. Option - Tie a Yoga-Belt around middle of the thighs to help keep both thighs parallel and aligned. You want to be able to let go here and not have to think too much about the position of your legs as they may flop open whilst you are relaxing.



Give Yourself 15-20 minutes a day if you can or even half an hour to truly rest you, your body, your nervous system. You are not here to suffer. If sensations come up and you feel that you have to move, feel free to move, then come back to where you were and try again. It's possible that you'll do

this and not feel anything dramatic but it will still be good for you.

Constructive Rest Pose can alleviate tight Lumbar Backs and other Aches and Pains that you may feel in the morning, and can improve the quality of your sleep if you do this at night. You can also release deep-seated emotional tensions which can manifest as tight areas in your body.



**Want to learn more about How to Release your OWN Tense Body Areas? Come and see me for a private 121 session here at my home studio in Gants Hill - <https://www.yogaros.co.uk/private-tuition.html>**